Wednesday's Jackpot
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'HORRIBLE'

NO SEX TAPE AMONG EX'S HOME VIDEOS, LOPEZ SAYS

{page 26}

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See pullout in today's paper

TORONTO metro®
Tuesday, June 21, 2011
www.metronews.ca
News worth sharing.

Awards. Dancers

▶ Kalpita Desai, 28, of North Vancouver, and Chase Constantino, 23, of Mississauga, strike the big pose yesterday at the TIFF building. The dancers won a CIBC-sponsored contest to perform at Saturday's International Indian Film Academy Awards ceremony.

BERNARD WEIL/TORSTAR NEWS SERVICE

City takes star turn at Bollywood Oscars

Toronto will be among the stars of the International Indian Film Academy Awards — a sort of Oscars of Bollywood — when 700 million people watch the televised version of the event, which takes place Saturday at the Rogers Centre. CIBC, the top corporate sponsor, says it's already gained a lot of exposure from its dance contest, which saw 10,000 fans cheer on the finalists at Yonge-Dundas Square last Friday, an event that was picked up by entertainment newscasters.

'I could not do anything'

Police hunt six suspects after man beaten to death with golf clubs in Mississauga

What started as an innocent argument in a restaurant washroom ended in a bloody attack that left a 19-year-old Toronto man beaten to death with golf clubs.

Bhumin Patel said he watched helplessly as half a dozen men mercilessly beat his friend Nitish Khanna with the clubs in the parking lot of the Tasty Bite restaurant in Mississauga early yesterday.

The car-rental worker, who had partied with friends after work Sunday night before stopping for a late snack, died on the pavement outside the eatery on Torbram Road, north of Derry Road.

Patel said he, Khanna and another pal were ambushed by at least six men as they left the tandoori restaurant near Pearson airport at about 2 a.m.

"We were only three, and they were six," Patel said outside the Panorama Court apartment building in northwest Toronto where Khanna lived with his parents.

"I felt helpless. He's been my friend for years and I could not do anything."

Paramedics tried to save Khanna, but he died at the scene.

Minutes earlier, Patel said their friend Bhupinder had been harassed in the restaurant bathroom by another man because he was short. He said Khanna and Bhupinder had gone to the table of the other men to ask what the problem was and believed they had resolved the issue.

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Province injecting $600M into universities and colleges

New capital grants focus largely on programs that are in high demand: MPP John Milloy

Ontario's ivory tower is getting a $600-million capital do-over with a string of grants the province is unveiling to create room for some 25,000 extra students it hopes to attract over the coming years.

York University landed $50 million yesterday — one of the first to be announced — for a new engineering and science building that will allow it to fulfil a long-standing dream of having a full-service engineering school, said president Mamdouh Shoukri.

"We haven't had the space until now to grow beyond about 300 engineering students, but we hope the new building will allow us to grow to a critical mass of about 2,000 students by the year 2020," said Shoukri.

As well, the University of Toronto's Mississauga campus won a $52.5-million upgrade to two science lab buildings.

Wilfrid Laurier University in Waterloo received a $72.6-million boost for a complex for business and mathematics students, to be called the Global Innovation Exchange building. Georgian College in Barrie was given $8 million to finish a new Centre of Health and Wellness.

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Reaction

The College Student Alliance welcomed capital dollars to create more space for its booming student populations, but president Brian Costantini also warned colleges need money for the less glamorous cost of repairs and maintenance.

- "We face about $70 million in deferred maintenance projects — everything from leaky roofs to crowded campuses where students have classes in portables — and this all can affect the environment for education and even the quality of education itself," said Costantini, a graduate of Niagara College.

Summer's. Start

▶ Beach-goers play volleyball and soak up the rays yesterday as the temperature climbed up to a very pleasant 23 C.

MARIANA IONOVA/FOR METRO

Enjoy the sun while it lasts

The weather will remain warm today, which marks the first official day of summer, but the sunshine isn't likely to last for long. The rest of the week looks bleak, with rainy-day forecasts until Sunday.

Decrepit hotel getting makeover

The Bay Street Hotel placed second on TripAdvisor.com's Dirtiest Hotels in Canada list for 2009. By the time the list came out in January 2010, it had closed down.

Former guests saw karmic justice. But realtor Addy Saeed's clients saw opportunity.

"I work with a couple of investor groups that look at properties that are ugly," Saeed says. "And we try to beautify them."

Conditions

- Bedbugs scurried at the Bay Street Hotel. Wires dangled from broken ceilings. Closet-sized rooms were decorated only with condom wrappers and human stains.

The squat three-storey building was located in the heart of downtown, at 650 Bay St. just north of Dundas, and there was nothing about it a gutting couldn't fix. So Saeed's clients bought it — and began an extreme makeover he says will turn it into "one of Toronto's most trendy boutique-style hotels."

Some of their plans include 24 reconfigured rooms, a gourmet sandwich shop and, permits willing, Toronto's largest rooftop patio. TORSTAR NEWS SERVICE

News in brief

Cops accused of 'overcharging'

G20. More than 1,100 people were held over the Toronto G20 weekend, the largest mass arrest in Canadian history.

Only 317 people were charged with criminal offences. And of those, 187 have seen their charges withdrawn, stayed or dismissed, according to statistics released by the Ontario attorney general's ministry yesterday. Just 24 pleaded guilty.

"It's a classic example of police overcharging," said lawyer Clayton Ruby, whose law firm represents three G20 detainees suing police.

It's a well-known game in Ontario, where defendants are told: "We'll withdraw the charges that have no foundation if you plead guilty to charges that are in fact defendable (by police)," Ruby said.

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1 news

A new report details economic costs of obesity, and how individuals can fight it. Scan code for story.

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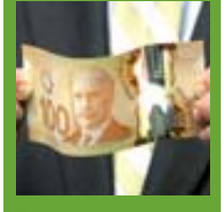

Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

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Move over Movember

Julyna encourages women to design their down-there hair in an effort to raise money and awareness for cervical cancer and the virus that causes it

It was November. Moustaches were in full bloom. And a group of women were chatting over drinks about how it was a shame they couldn't grow their facial hair for cancer.

Then someone had what seemed at first like a silly idea. Why don't we design our down-there hair for cervical cancer?

Laughter ensued and ideas flew across the table. Beavember? Muffember?

The dozen or so women moved onto summer and settled on Julyna.

The half-baked scheme has since morphed into a month-long event backed by the Canadian Cancer Society and supported by a growing list of sponsors.

"We hope the humour will help women feel comfortable talking about cervical cancer and talking about that area," says founder Vanessa Willson, 29, a nurse at St. Michael's Hospital.

The goal is to raise $50,000 through individual donations and a July 28 black-tie fundraiser, and to get people talking about cervical cancer, human papillomavirus and the importance of regular Pap tests.

Throughout their 20s, the group of women who dreamt up Julyna each had at least one friend who was diagnosed with HPV — a sexually transmitted virus that can cause cervical cancer.

"We were hearing friends saying 'I have this. I'm scared.' That kind of conversation was happening a lot," Willson says.

Ummm...

Many people want to know how participants will prove that they have done what they pledged to do.

- "I get that a lot, especially from men," the founder of Julyna says. She points out that people who sponsor marathon runners probably aren't going to be at the finish line waiting to see if they made it.
- "I think people will still donate, even without the proof," she added.

Three in four sexually active Canadians will contract an HPV infection through sexual contact, usually without realizing they have the virus.

Cervical cancer is the second-most common cancer in Canadian women ages 20 to 44. Each year, about 1,110 women contract the disease and 450 die from it.

Willson hopes Julyna-spread awareness will encourage more women to get regular Pap tests, which can prevent cervical cancer through early detection.

Reactions to the vagina-focused fundraiser have varied.

"Some people laugh out loud hysterically," says Jessie Behan, 29, a sales representative and actress who is Willson's best friend and a member of the Julyna team.

"Some people are like, 'Hmm, I don't really know. That's kind of weird. Do people actually do that?' Yes." TORSTAR NEWS SERVICE

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Vanessa Willson, left, is the founder of Julyna, and along with Jessie Behan, they are encouraging females everywhere to design their down-there hair to raise money for cervical cancer and raise awareness about the sexually transmitted infection that causes it.

Holy crap — they're using animal poop to make energy

Given the right conditions, giraffe feces ferment like a fine wine. Every year, the Toronto Zoo's animals produce 3,000 tonnes of unpleasantness, which is trucked to a compost site where it decomposes.

By the early months of 2012, however, the ZooShare Biogas Co-operative plant will turn that pile of poop into saleable energy, heat and fertilizer.

Earlier this month, the zoo's board of management entered into an agreement with the co-op. Construction will soon begin at the old compost site. Once fully functional, the plant is expected to produce four million kilowatt hours annually, which is enough energy to power 350 homes every day for a year.

The bison herd and the rhinos will make prolific contributions to the province's power grid, said Dr. William Rapley, the zoo's director of conservation, education and wildlife. TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Dr. William Rapley, the zoo's director of conservation, education and wildlife.

Power of poop

- When you harness the power of poop, you access the food energy the body is not able to digest.
- It's an anaerobic process, which means that with very little oxygen, the bacteria and the waste will ferment "like making wine or beer," said Christine Koenig, a consultant and founding member of the co-op that will operate the plant.
- The bacteria and the manure will "produce little farts" of methane that will rise to the top of the digester, where the gas will be captured and burned.
- That energy will drive a generator, which creates more energy to be sold back to the grid under the province's feed-in-tariff program for 16 cents per kilowatt hour.

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Mixed martial arts meets romance

Local novelist Vicki So will be signing copies of her book, Her Son's Hero, July 23 at the World's Biggest Bookstore in Toronto

PHOEBE HO
TORONTO@METRONEWS.CA

A wounded hero, a romantic-conflict-ridden relationship and mixed martial arts is the perfect recipe for a knockout novel, according to Victoria Curran, Harlequin super-romance editor.

Toronto writer Vicki So (pen name Vicki Essex) recently published her first novel, Her Son's Hero, and says she has Georges St-Pierre (GSP) to thank for its success.

An avid UFC fan, So drew inspiration for her novel's hero from the Canadian mixed martial artist and current UFC welterweight champion. So said it took her only six months to write her first published book, which caught the attention of Harlequin.

"If I have anyone to thank, I have to thank GSP, which I do in my book," she said.

The novel tells the story of a divorced mother who despises violence and a mixed martial arts fighter learning to cope with his own demons. The pair fall in love as the hero gives the heroine's bullied son lessons to fend for himself.

It took So three tries before she perfected the equation to a successful romance novel.

"Romance writing has a very particular — I hate to use this word — formula," said So, explaining that her two previous unpublished novels simply didn't have that formula.

"I have to keep moving forward.

"You just have to keep writing, you can't get stuck in that one story sometimes."

Set to hit shelves July 12, So has already received a rave review from RT Book Reviews.

"It was a really good review, it was four stars out of their four and a half plus gold (rating)," said So. "It was really good to know that a debut book and a debut author could actually do some good."

PHOEBE HO/FOR METRO

▶ Toronto writer Vicki So just published her first novel, Her Son's Hero, and says she has UFC's Georges St-Pierre to thank for its success.

Markham students want to see new track

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Markham District High School was rebuilt without a track. Here former student Kelly Hobson, foreground, who was student council president before graduating in 2009, stands before members of the school's track team.

The track team at Markham District High School has gone from one of the best ranked in the province to among the worst.

Students, who once trained on a cinder track at their school, now run in the hallways and even the parking lot — including hurdlers.

Now students, parents, alumni and community members are fighting for a track to be rebuilt at the school, which itself was rebuilt and newly opened last fall.

So far, they have collected more than 1,000 signatures on a petition.

Even town council has waded in, with unanimous support to write a letter that "strongly urges" the York Region District School Board to reconsider, says Ward 5 Coun. Colin Campbell, whose own children attended Markham District.

Parent Sara Larson said the lack of a track was mentioned at public meetings during the planning stages, but because parents were so concerned about a number of cuts to popular programs, it was overlooked.

"We've been told it's a dying sport" by the board, said Larson.

But she disagrees, saying students are so dedicated they have turned to using the parking lot for training, which she calls "scary."

"Students talked about how they got shin splints and injuries" from using the lot, she said, pointing to a video posted on YouTube.

TORSTAR NEWS SERVICE

New schools

- **GTA** A quick survey of school boards in the GTA found that newly constructed schools include tracks, though they don't always have lighting or bleachers.
- **Gym classes** Former Markham District High School student Kelly Hobson, who is now at university, was not on the track team but said it was used by gym classes, too.
- **Unbelievable** "I find that unbelievable (that there's no track) at a time when there's such a focus on physical activity," and a childhood obesity problem, she added.

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M. A. KHAN/THE ASSOCIATED PRESS

▶ Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference yesterday in Pakistan.

Pakistani girl forced to wear suicide vest: Police

- Third grader abducted near her home and taken four-hour drive away
- Militants often use young boys in attacks, but use of young girls is rare

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide bomb vest. The girl said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Police in Lower Dir presented Sohana Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

One of the kidnappers put a handkerchief over her mouth that knocked her unconscious, Jawed said in a separate interview with a local TV station.

When she woke up and started crying, one of the women gave her cookies laced with something that again knocked her out, Jawed said. The next time she woke up she found herself in a strange home, she said.

"This morning, the women and men forced me to put on the heavy jacket and put me in the car again," said Jawed.

The suicide vest contained nearly nine kilograms of explosives and seemed to be designed to be set off remotely, Lower Dir police Chief Salim Marwat said.

"Most likely it had to be detonated through a remote control since a minor was wearing it," he said.

Police in Lower Dir plan to ask Jawed additional questions after she is examined by a psychiatrist, who is helping her cope with the trauma of her ordeal.

"Police will try to get more information from her once she gets normalized," said Marwat.

THE ASSOCIATED PRESS

Escape

- The kidnappers brought her to a checkpoint run by the paramilitary Frontier Corps. When they got out of the car, she sprinted toward the paramilitary soldiers to show them what she was wearing.
- By the time the paramilitary soldiers realized what was happening, the kidnappers had escaped.
- Police have launched a search operation to find them.

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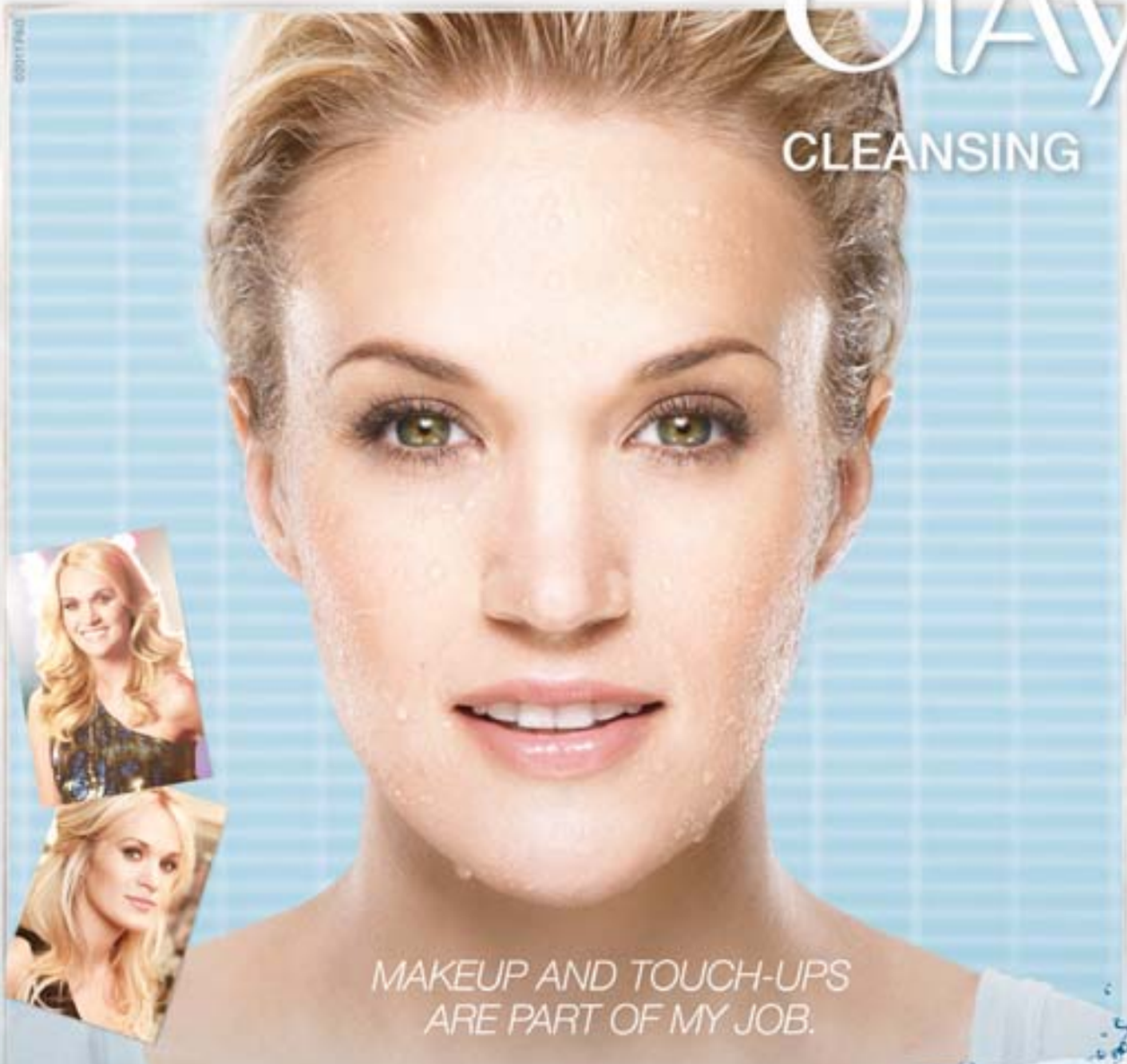

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Blogs called 'modern stockades'

While an early shaming site against Nathan Kotylak had hundreds of followers before it vanished, a newer one called "100,000 strong to ban Nathan Kotylak from the Canada Olympic Team" had fewer than 400.

In response to Captain Vancouver, who maintains anonymity, Ross Findlay wrote: "As a criminology major at SFU, we're taught that public shaming is one of the most effective types of specific and general deterrence.

"This blog, and other Facebook groups like it, are the modern stockades. In the end this blog will likely prevent future crime."

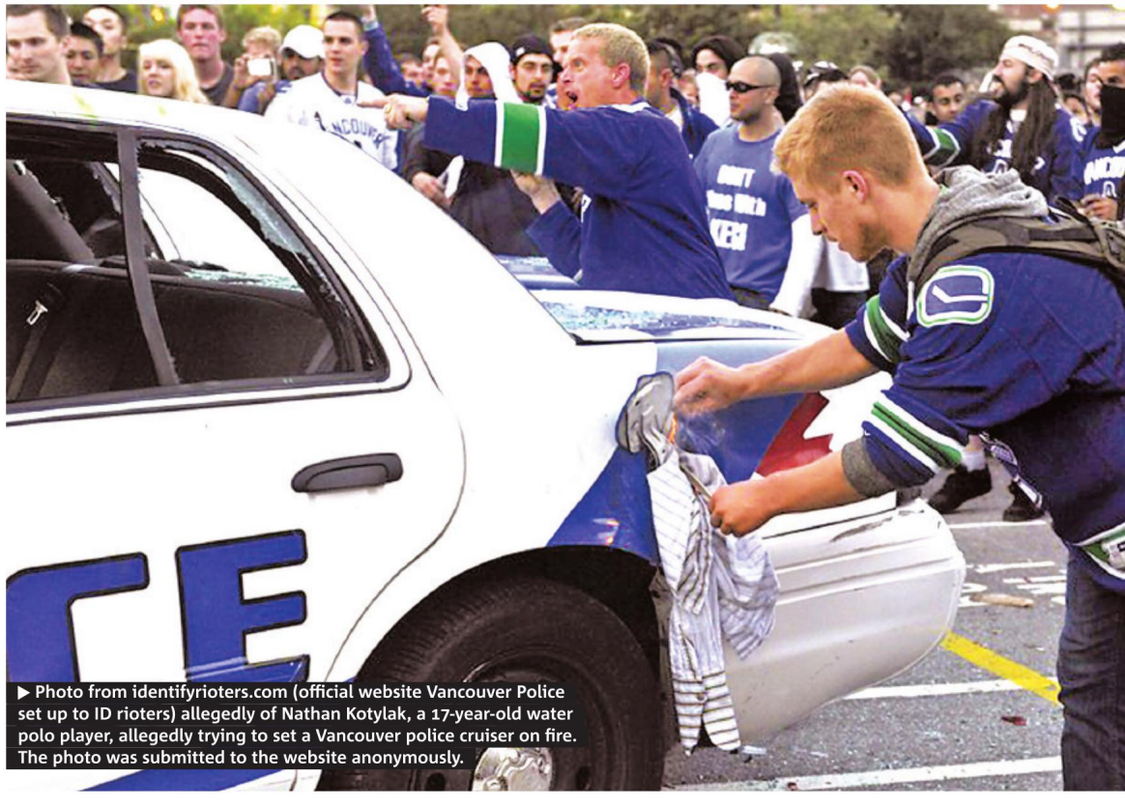
Not everyone agrees.

"There have been comments about people being sodomized in jail, as though that would be part of a just punishment. That is disgusting," one post said.

In a post-confession question-and-answer session, Kotylak described how, in one day, the results of a Google search on his name went from awards and honours to condemnation for sticking a lit rag into a police car gas tank.

"This is necessary to rebuild my name and my reputation and what disgrace I've brought to my friends and family," the tearful star athlete said.

TORSTAR NEWS SERVICE



▶ Photo from identifyrioters.com (official website Vancouver Police set up to ID rioters) allegedly of Nathan Kotylak, a 17-year-old water polo player, allegedly trying to set a Vancouver police cruiser on fire. The photo was submitted to the website anonymously.

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Travel Jul 5 - Jul 12/ac — + taxes & fees $117

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Cruises

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CRUISE roundtrip Venice and visit Koper, Split, Dubrovnik, Messina and Naples (Pompeii).
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Celebrity Century — + taxes & fees USD $65
CRUISE Ensenada to Honolulu and visit Hilo, Kona, Maui and Honolulu (overnight). Sails Nov 1/cel.

Canada & USA

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Las Vegas Air + 4 Nights $265
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INCLUDES accom on the Strip. Departs Jun 26/swg/wg. ADD Vegas Passport Bachelor/Bachelorette Party pass for $76.

Muskokas 4 Nights 4-Star $339
Pinestone Resort — taxes & fees included
INCLUDES accom in the Haliburton Highlands. Departs Travel Jun 15 - Jul 31/ggv. ADD 2-day economy car rental with unlimited mileage for $33 per day.

Event Vacations

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Peak to Shore Music & Art Fest
2 Nights 4-Star
$129◊
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Québec City Air + 2 Nights 4-Star + Free Cirque du Soleil Show $498
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TORSTAR NEWS SERVICE

Backlash hits rioter 'shaming' websites

Online sites spawned by Vancouver riots have ignited debate on nature of public humiliation, denunciation 'Groupthink' or effective deterrent?

Is the online lynch-mob mentality just?

By yesterday, the "shaming" websites spawned by the Vancouver riots had turned on themselves, debating whether public humiliation and denunciation was mass "groupthink" or a socially valuable tool.

"There seems to be a backlash against those of us who view public shaming as an acceptable consequence," the blogger named Captain Vancouver posted on his now-notorious site Public Shaming Eternus, which targeted 17-year-old Nathan Kotylak.

By the time Kotylak went to the Vancouver police, his home address, his cellphone number and his dad's name and office number had been posted on various sites, including Facebook. Because of a weekend of threats, the family fled their home in Maple Ridge, B.C.

"The mob mentality that took place after the game seems to be perpetuating through social media," Kotylak's lawyer said after the boy's public apology.

"Shaming which causes an employer to fire someone for the reputation of their business is OK," Captain Vancouver wrote on his blog.

"People are trying to retaliate by yet another form of mobbing."
CAMILLE CACNIO, CAPTURED ON VIDEO WITH A PAIR OF MEN'S PANTS

"Shaming which has caused a future employer to question the character of their potential employee I believe is fine, too. Shaming someone on their Plenty Of Fish account when trying to find online love, that, too, is OK.

"However, uttering threats and physical violence should not be condoned. On my site I've erased and deleted phone numbers that were placed for that very reason."

A woman who was captured on video with two pairs of men's pants posted a long apology and interview with herself Sunday, then accused the shamers of going too far.

"The thing that astounds me is that this time they're doing it (mobbing) sober," said Camille Cacnio.

Cacnio lost a part-time job after the public disgrace; Kotylak has been suspended from the Canadian junior national men's water polo team.

TORSTAR NEWS SERVICE

Putting the shine back on Van city

Tourism Vancouver is hoping to polish the city's tarnished reputation following the violent riot after the Stanley Cup final.

As police continue their investigation and residents demand answers, Tourism Vancouver has launched the website, www.thisisourvancouver.com.

"The actions of a few aren't a true reflection of our city," says the website, which features positive comments, photos and videos posted by members of the public.

Tourism officials hope gushing good news will counter the negative media attention the city received internationally.

THE CANADIAN PRESS

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1267 St Clair Ave W
542 Yonge St

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7205 Goreway Dr, (Westwood Mall)
2550 Hurontario St

Brampton
252 Queen St E
1 Bartley Bull Pkwy, Unit 25
370 Main St N, (Kingspoint Plaza)

Etobicoke
2528 Finch Ave W, Unit 17B
2456 Lakeshore Ave W
30A Rexdale Blvd
680 Rexdale Blvd, Unit 4
2032 Weston Rd

Woodbridge
5308 Hwy 7, Unit 5

North York
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1030 Sheppard Ave W, Unit 3
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6464 Yonge St, (Centrepoint Mall)

Scarborough
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Dikes near overflowing in east China

- Floods behind 180 dead or missing in east and south
- Rising water destroys 242,000 hectares of farmland

More rains to come

- **China's minister for water resources** said Sunday that the country was entering a crucial period for flood control.
- **Torrential rains are predicted** in southern and eastern areas for the next three days.

More than 70 kilometres of dikes are in danger of overflowing in an eastern Chinese province where floods have caused $1.2 billion US in losses, authorities said yesterday.

Heavy rains pounded Zhejiang province over the weekend, and the level of a river that passes through Lanxi city has risen sharply, said Zhao Fayuan, deputy director of the provincial flood control headquarters.

More than 20,000 people could be affected if the dikes are breached, Zhao was quoted as saying by the Xinhua News Agency.

Lanxi officials are being advised to evacuate all residents near the dikes that are at risk of overflowing.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Villagers use a wooden boat to transfer their pigs yesterday from a flooded hogpen in Lanxi city in east China's Zhejiang province.

Keeping you in the know and on the GO

Starting Saturday, June 25, 2011, there will be changes to some GO Train and Bus services.

12 – NIAGARA GO TRAIN
Seasonal train service between Toronto and the Niagara Region is back and operates on weekends and holidays, June 24 to September 5 and October 7 to 10.

16 – HAMILTON QEW GO BUS
There will be earlier departures on some trips and time adjustments to better reflect typical travel times.

29 – UNIVERSITY OF GUELPH GO BUS
All weekday eastbound trips will depart the University of Guelph and the Aberfoyle Park & Ride five minutes earlier and will now serve the Milton Park & Ride/Carpool Lot. Arrival times at Square One and Cooksville remain the same.

34 – BRAMPTON LOCAL GO BUS
35 – BRAMPTON HWY. 27 GO BUS
36 – BRAMPTON HWY. 427 GO BUS
There will be earlier departures on some trips and time adjustments to better reflect typical travel times.

46 – HWY. 407 WEST GO BUS
There will be earlier departures on some trips and time adjustments on trips between the University of Guelph and York University to better reflect typical travel times.

52 – HWY. 407 EAST GO BUS
Buses will now serve the Richmond Hill Centre instead of Langstaff GO Station or the stops on Langstaff Road.

The weekday westbound 6:10 a.m. trip from the Oshawa Bus Terminal will now depart at 6:05 and times will be earlier at all stops along the route.

The weekday westbound 7:12 a.m. trip from Durham College will now depart at 7:10 and times will be earlier at all stops along the route.

71 – STOUFFVILLE GO BUS
A new weekday northbound trip will depart the Union Station GO Bus Terminal at 11:10 p.m., serve the Unionville, Centennial, Markham, Mount Joy, Stouffville and Lincolnville GO Stations, arriving at 12:05 a.m.

The weekday southbound 4:35 a.m. trip from Uxbridge will now depart at 4:30. Departures from Goodwood, Lincolnville, Stouffville, Mount Joy, Markham and Centennial will also be earlier.

88 – PETERBOROUGH GO BUS
A new weekday southbound trip will depart Trent University at 7:43 p.m., serve the Peterborough Bus Terminal at 8:01, Peterborough Park & Ride/Carpool Lot at 8:11, Cavan/Millbrook Park & Ride/Carpool Lot at 8:22, Clarington North Park & Ride/Carpool Lot at 8:34 and arrive at the Oshawa GO Station at 9:13.

The weekday southbound 2:40 p.m. trip from Trent will be discontinued. Trips are available at 1:43 and 3:46.

The weekend and holiday northbound 8:20 p.m. trip from Oshawa GO Station will now depart at 7:18 and arrive at Trent at 8:38.

There will also be earlier departures on most trips from all stops along the route and some trips will connect with different trains so be sure to check the new schedule.

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Plastic or cash? New money is both

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Get ready to have a little more plastic in your wallet.

Starting in November, new polymer bank notes will start to replace paper-cotton bills that wear and tear more easily.

The first bills to go plastic will be the $100 notes. The $50 notes will follow next March. The rest of the plastic money will be in circulation by the end of 2013.

The polymer bank notes are more durable than paper money. The Bank of Canada expects the new bills to last two and a half times longer than the paper ones. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty, left, and Bank of Canada governor Mark Carney unveil the new polymer bank notes in $50 and $100 denominations yesterday in Ottawa.

About the Bordens

The new $100 bills look busier than the paper bills.

- There are now two portraits of prime minister Robert Borden on one side.
- On the other side of the bill, there's an image of a researcher at a microscope, a strand of DNA and an electrocardiogram. There's also a bottle of insulin next to the words "medical innovation."

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Hudak asks for privacy while child in hospital

Toddler admitted to Sick Kids with undisclosed illness

TARA WALTON/ TORSTAR NEWS SERVICE

▶Ontario PC Leader Tim Hudak is seen with his daughter Miller at his party's convention last May at the Toronto Congress Centre.

Progressive Conservative Leader Tim Hudak is appealing for privacy as he and his wife care for their three-year-old daughter who is in hospital with an undisclosed illness.

"On behalf of my wife Debbie, I want to express our appreciation for the concern expressed for our daughter Miller," Hudak said in a brief statement yesterday. "Miller was recently admitted to Sick Kids Hospital in Toronto where she is currently receiving excellent care.

"My family and I are grateful for all the thoughts, prayers, and well wishes we have been receiving. And we truly appreciate that we continue to be given our privacy during this time."

Hudak, who has been busy campaigning for the Oct. 6 election, issued the statement after cancelling several public events so he could be with his family.

TORSTAR NEWS SERVICE

Obesity fight turns political

Ontario's political opposition parties will make a war on obesity part of their fall election campaign, officials say.

"If we do nothing, we'll continue to see more and more obese teenagers who need knee replacements and suffer from high blood pressure," said New Democrat Party health critic France Gelinas.

▶ Gelinas

More than one-third of Ontarians are obese and these 2.1 million people will likely suffer expensive health problems — diabetes, heart disease, destroyed knees, strokes, blood clots, infertility, sleep apnea or cancer.

Ontario has to take action, said Conservative deputy leader Christine Elliott.

"They say that obesity is the new smoking, the new public health threat," Elliott said yesterday. Elliott said the prevention should be the responsibility of Health Minister Deb Matthews, who should work with Premier Dalton McGuinty to create a multi-ministry committee to put money and power into solutions.

TORSTAR NEWS SERVICE

Cost of obesity

A new study released yesterday said obesity put a $4.6-billion dent in the Canadian economy in 2008.

- The study looked at deaths of Canadians in 2000 and found that nine per cent could be attributed to excessive weight and obesity.

No charges to be laid in parking garage collapse

No charges will be laid following an investigation into a parking garage collapse a year ago in Windsor. In July 2010, a garage collapsed onto the lower floor, damaging several cars and forcing some buildings to be evacuated.

A man operating a boom crane was taken to hospital with non-life-threatening injuries.

THE CANADIAN PRESS

Group wants transparency in fossil fuel industry

Environmental groups will ask a federal auditor to shed light on the chemicals used to extract fossil fuels in the emerging industries of shale gas and in situ oilsands.

The organizations will petition Canada's environmental commissioner today to increase transparency in how these growing sectors impact the environment.

THE CANADIAN PRESS

Alberta caribou endangered: Ecologist

Analysis suggests caribou in Alberta's oilsands region are doomed to disappear under the government's proposed management plan for the area.

The Lower Athabasca Regional Plan doesn't protect enough habitat from industrial impacts to stop a decades-long decline of 11 different caribou herds, says a paper by Peter Lee of Global Forest Watch.

"It is obvious from (the government's) announcement that the survivability of caribou was not an important consideration within this plan area," said Lee, whose paper was peer-reviewed by three caribou biologists before being released online yesterday. THE CANADIAN PRESS

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Wal-Mart class action cannot proceed: Court

Ruling could make it more difficult for workers to mount large-scale complaints against big companies

The U.S. Supreme Court blocked a massive sex-discrimination lawsuit against Wal-Mart yesterday that could have involved up to 1.6 million female employees.

The judges all agreed that the lawsuit against Wal-Mart Stores Inc. cannot proceed as a class action in its current form. But they split 5-4 along ideological lines over whether the plaintiffs should in essence get another chance to make their case that women are grossly underrepresented among Wal-Mart managers.

Now, the handful of women who brought the case may pursue their claims on their own, with much less money at stake and less pressure on Wal-Mart to settle.

THE ASSOCIATED PRESS

Hard case

- **The lawsuit, citing figures** from 2001, said women held just 14 per cent of store manager positions compared with more than 80 per cent of lower-ranking jobs. Wal-Mart said women made up two-thirds of all store employees and two-thirds of all managers in 2001.

THE ASSOCIATED PRESS FILE

▶ Christine Kwapnoski is one of the original complainants in the Wal-Mart class action blocked by the U.S. Supreme Court.

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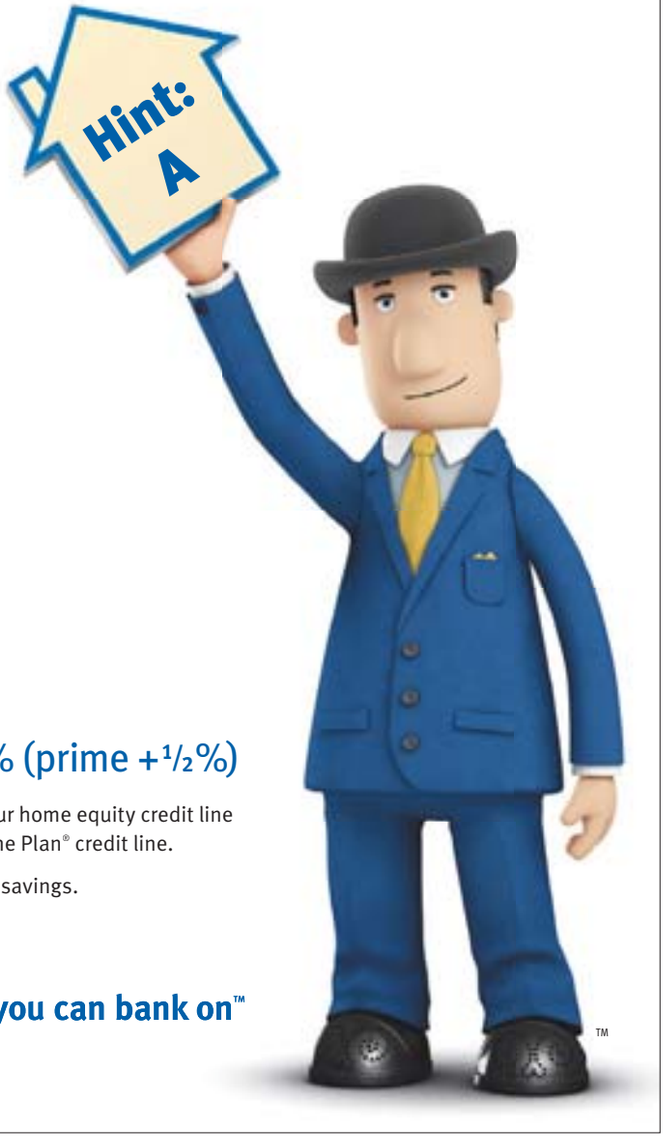

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INTERNET DOMAIN NAMES

Forget .com, brace for .iPad, .bank

Internet minders voted yesterday to allow virtually unlimited new domain names based on themes as varied as company brands, entertainment and political causes, in the system's biggest shakeup since it started 26 years ago.

Groups able to pay the $185,000 application can petition next year for new updates to ".com" and ".net" with website suffixes using nearly any word in any language, including in Arabic, Chinese and other scripts, the Internet Corporation for Assigned Names and Numbers decided at a meeting in Singapore.

Analysts said they expect between 500 to 1,000 new domain names, mostly companies and products, but also cities and generic names such as ".bank" or ".hotel."

THE ASSOCIATED PRESS

New recall laws in effect

The federal government can remove unsafe products from store shelves under new rules now in effect after years of delays.

Under the old Consumer Product Safety Act, the government could only request that suppliers take action. THE CANADIAN PRESS

Court blocks emissions suit

The U.S. Supreme Court has ruled out a lawsuit by states and conservation groups trying to force cuts in greenhouse gas emissions from power plants. It said the authority rests with the Environmental Protection Agency, not the courts. THE ASSOCIATED PRESS

Ban deals, Rogers urges

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Phil Lind, vice-chairman of Rogers Communications, left, and Nadir Mohamed, president and chief executive officer. Rogers was the first presenter at hearings by the CRTC into the ownership of media companies by broadcasters.

CRTC opens hearings into media companies owned by broadcasters

Canadians should be able to watch what they want on their mobile devices regardless of which wireless company they are signed up with and what deals broadcasters may have signed, Rogers Communications argued yesterday.

Rogers said if companies are allowed to sign exclusive deals for content on smartphones and other devices, it could mean customers would need multiple subscriptions and multiple devices to see all the shows they want.

But Pierre Karl Peladeau of Quebecor Media called for less regulation and dismissed Rogers' concerns about users needing multiple devices and subscriptions. "This is what competition is about," he told reporters. "You will have different products on different devices and I think this is how you're going to be able to stimulate competition because if not, it is going to be plain vanilla everywhere." THE CANADIAN PRESS

TV content

- As more TV content goes online and to smartphones and tablets, consumers want to see as much of it from whatever provider they choose — no matter who owns it.
- In recent years, much of Canada's private broadcasting sector has been swallowed up by a handful of big companies.
- The hearings were called after Shaw Communications bought 11 local Global TV stations and some specialty stations.

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Strike. Cheques in the mail

▶ Striking letter carrier Marc Dionne, right, chats with Allan Pyke yesterday as he delivers federal pension and social assistance cheques in Halifax. Some 9,000 carriers across the country volunteer to provide this service, as they have in past labour disputes.

ANDREW VAUGHAN/THE CANADIAN PRESS

Back-to-work legislation tabled

The Conservative government brandished the sword of back-to-work legislation for the second time in a week yesterday, this time to force an end to the Canada Post lockout. If the two sides can't agree to their own deal by the time the bill passes, it will be up to an arbitrator to decide which side has the better offer. Air Canada and its employees announced a deal hours after the Tories introduced back-to-work legislation to end that dispute last week.

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Dealers are free to set individual prices. ♦♦Offer available to retail customers in Canada between June 6, 2011 and August 31, 2011. Applies to new 2011 and 2012 GM vehicles, excluding Chevrolet Volt, Sonic, Orlando, Express and GMC Savana at participating dealers in Canada. Employee price excludes freight, license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. Dealer order or trade may be required. Limited quantities of 2011 models available. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details. ‡‡0% purchase financing offered by GMCL for 48 months on 2011 [Chevrolet (Aveo, Malibu & Traverse)/GMC Acadia/Buick Enclave]. OAC. Rates from other lenders will vary. See dealer for details.

HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO

There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

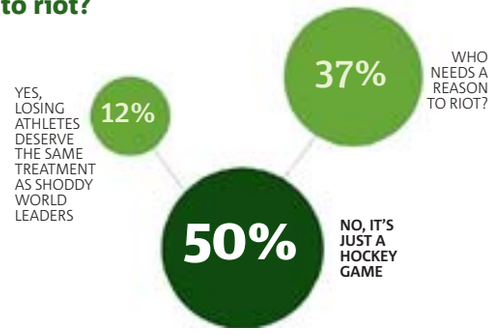
Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Is losing the Stanley Cup a valid reason to riot?


37%
WHO NEEDS A REASON TO RIOT?
12%
YES, LOSING ATHLETES DESERVE THE SAME TREATMENT AS SHODDY WORLD LEADERS
50%
NO, IT'S JUST A HOCKEY GAME

Local tweets

- **@yusef doodie:** Sonic Boom, the Vynl/Cassette /HipsterShit store is moving. In its place? A freaking Dollarama
- **@bradicalism:** So not only is Sonic Boom moving into fugly Honest Ed's, but it's being replaced by a DOLLARAMA!! WTF!! Way to trash up the Annex. #worst
- **@charlotteashley:** Today I am sick. Not doing anything except Killer Sudoku. But I have to say: A Dollarama in the Annex? BARF.
- **@chuckky42:** ESPN named Toronto THE WORST city of sports lol
- **@jeremyforeshew:** Arguing's like sucking your gut in on scale.
- **@citymisskitty:** Toronto is the worst sports city in north america according to espn. Have they never been to Cleveland?
- **@ashleydtl:** Project for this week: procure music from some of the amazing artists I discovered at #nxne @_louiseburns_ @jesshill-dreams @TheElwins
- **@amygrey4:** Mmvas were awesome!! Loved fefe dobson's performance the best!

Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

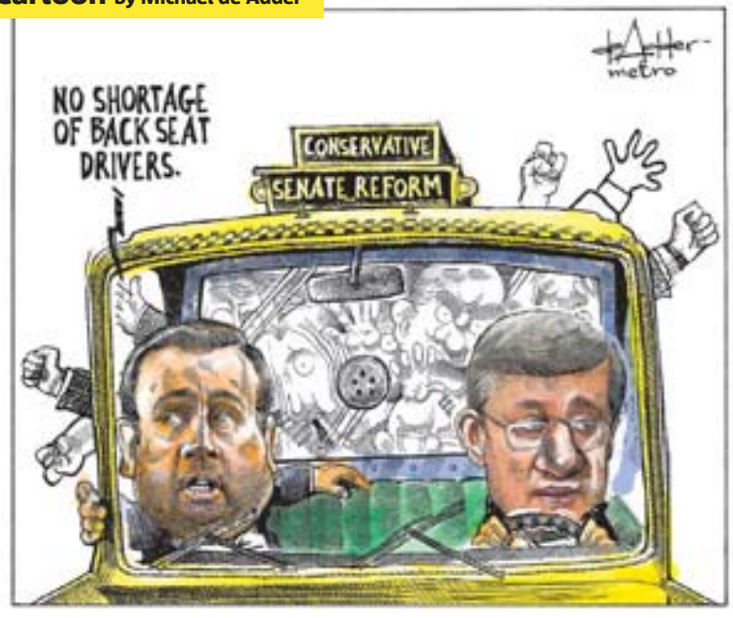
Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

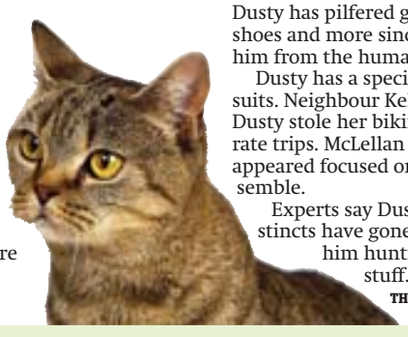
THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline



A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS

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The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy So what exactly does the Harry Potter author have up her sleeves? We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess

POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

GETTY IMAGES

TORSTAR NEWS SERVICE

New Line of Fragrances

How likely it is to happen: 1/5

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5

It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.

A Smartphone?

How likely it is to happen: 4/5

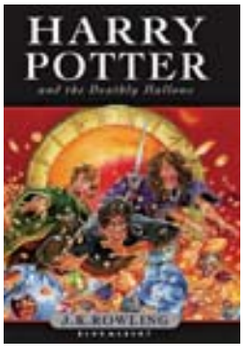
The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)

This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

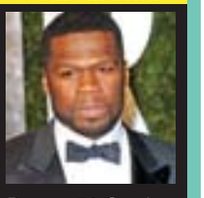
It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that The Deathly Hallows is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

2 scene

Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, From Pieces to Weight, and a self-help guide co-authored by Robert Greene called The 50th Law.

THE ASSOCIATED PRESS

Self-published thriller writer John Locke sells 1 million e-books on Kindle

Etobicoke becomes a war zone

The actors and producers of Combat Hospital are committed to reflecting the reality of Afghanistan

THE CANADIAN PRESS/NATHAN DENETTE

▶ Combat Hospital actors (from left) Elias Koteas, Arnold Pinnock, Deborah Kara Unger, Michelle Borth, and Luke Mably on set in Etobicoke.

The sign says "Welcome to Kandahar Airfield," and it sure looks like a sandswept army medical base: there's the forest-green Hummer and UH-1 helicopter ready for duty, a makeshift chapel housed in a trailer and a sizable hospital constructed of plywood and canvas and packed with fully functional equipment.

But this isn't war-torn Afghanistan — it's a TV set tucked away in a suburb of Toronto, where a team of veteran actors has been working around the clock on the ambitious new Global series Combat Hospital ahead of its premier tonight.

"When I walked on this set right here, I was like: 'Oh my gosh, man'," said one of the show's actors, Arnold Pinnock.

"And us as actors, we all looked around at one another and were like: 'Wow.' And that's when another little added pressure got on our shoulders. But we were like: 'OK. Bring it on. Let's do this.'

"It inspired us to work even harder."

"This is fiction, but it's the reality as best we're able to capture it."
DANIEL PETRIE JR., EXECUTIVE PRODUCER

And hey, if the long hours that accompany that hard work lead to a group of fatigued, droopy-eyed actors — well, it'll just be one more realistic touch in a show that has made authenticity one of its central goals.

Combat Hospital revolves around a multi-national medical unit based in Kandahar, circa 2006. It's a Role 3 unit, which means the team of doctors deliver the highest level of care available in Kandahar.

American actress Michelle Borth (whose credits include Hawaii Five-0 and Tell Me You Love Me) and Terry Chen play a trauma surgeon and doctor respectively who are thrust into an exhausting marathon of work immediately after arriving at the hospital in the pilot episode.

The cast is rounded out by several film vets. Genie-nominated Montreal actor Elias Koteas — whose extensive resumé includes roles in The Thin Red Line, David Cronenberg's Crash, and Shutter Island — plays the military surgeon in charge of the unit; Vancouver's Deborah Kara Unger (The Game, Payback) portrays a level-headed Australian psychiatrist, while British actor Luke Mably is a maverick civilian neurosurgeon.

And everyone involved with the show — which is a co-production between Canada's Sienna Films for Global and the U.K.'s Artists Studio and Lookout Point — speaks constantly of the need to get the small details right.

That's why co-creator Jinder Oujla-Chalmers travelled to Kandahar to observe the real Role 3 there, and it's the same reason military/medical consultant Chris Kaye — a chief warrant officer who spent eight months at the Role 3 in Kandahar — wanders the set constantly, observing everything on the show.

THE CANADIAN PRESS

Rookies get more chances to learn

They're a year older, but any wiser? We'll find out this Thursday when the young police officers of Rookie Blue return for a second season.

The Canadian/American co-production, which is shot in Toronto, got off to a good start a year ago. It drew strong ratings for Global all season and numbers on ABC in the United States were good enough for the network to return it to its summer line-up.

Rookie Blue creator and executive producer Tassie Cameron downplays the success so far. Great luck with the casting, less competition in the summer, keeping a perfectly compatible Grey's Anatomy time slot warm added up to great ratings that first season, she says.

There was a plan, however, and Cameron and her team executed it to perfection: take the life-and-death world of police work, add rookies and find a way to make it less dark more character driven.

"I think we were in the mood to not only write but to watch something a little funnier and lighter and I hope that that was part of what helped connect the show to its audience."

Missy Peregrym, who plays Andy McNally, says Cameron's door was always open. There were times she ventured into the writers room to share personal experiences which wound up on the show. "Don't ask me which ones," she says.

THE CANADIAN PRESS

SUBMITTED

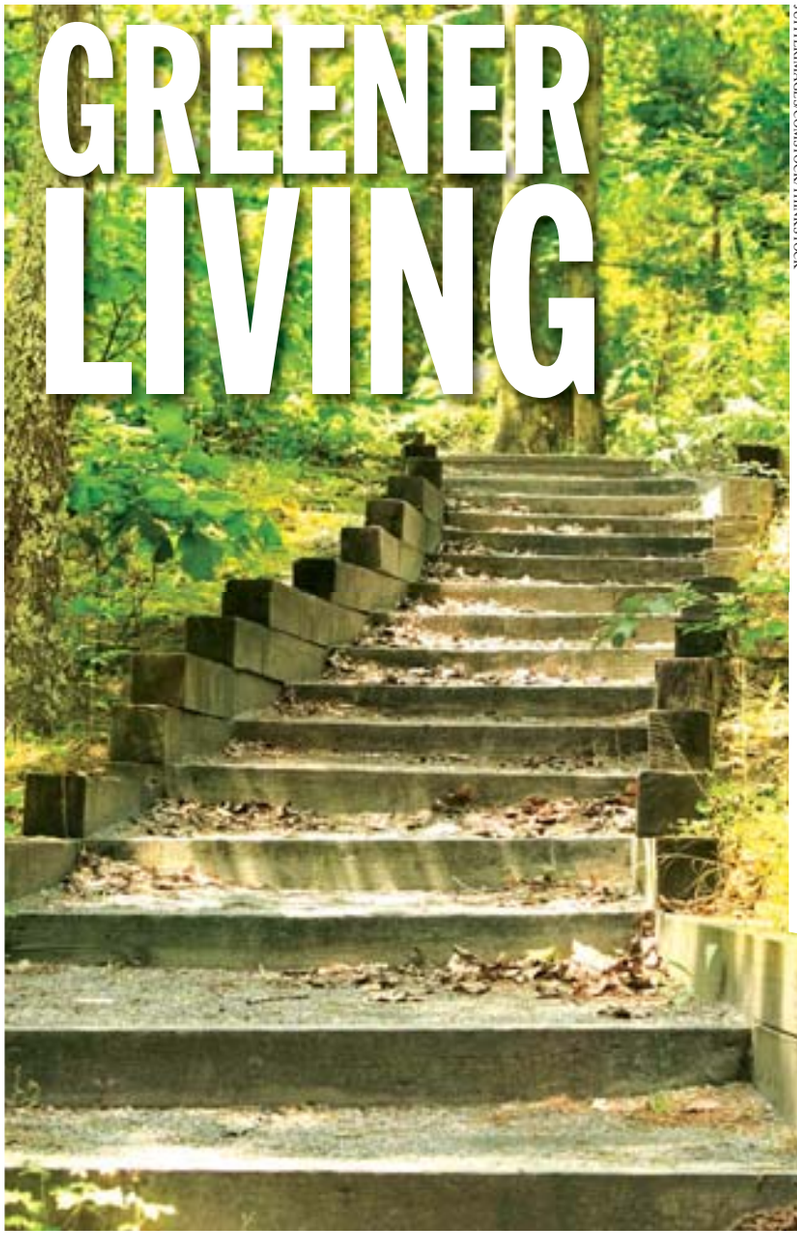
▶ Canadian actress Missy Peregrym plays Andy McNally in Rookie Blue.

Older and wiser?

The squad will face a new set of challenges in Year Two.

- **"We are taking into account** that this isn't their first day on the job anymore," says Cameron. In fact, that very message was pinned up on the bulletin board of the writers room.
- **Cameron says** there is a different vibe in these 13 episodes as the squad becomes a little more confident, less supervised. "The potential for mistakes is even greater, however," she says.

GREENER LIVING



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ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of Green for Life and more recently There's Lead in Your Lipstick (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit ***metronews.ca/greenerliving.***

THE BIG PICTURE

ABLESTOCK.COM/THINKSTOCK

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewal fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

THINGS GO BETTER WITH – PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

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REDUCE YOUR WASTE:
IT'S EASIER THAN YOU THINK

ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOURAGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

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THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

a) You always buy bags

b) You purchase bags but use them again to pick up after your dog or for other things

c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

a) paper cup from the local coffee shop

b) travel mug

c) styrofoam cup

3. When the batteries in your flashlight die, you

a) put them back into the recharger

b) throw them into the garbage

c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

a) by weight

b) packaged

c) always canned or frozen

5. How do you get to work?

a) Car, rain or shine

b) Bike or public transportation

c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

a) Go in and cool down.

b) Walk on by — what a waste!

c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

a) Bagged and left at the curb

b) Raked up and put into the composter

c) Left on the lawn

8. After a big family dinner, you

a) Scrape everyone's plate into the green bin

b) Scrape everyone's plate into the garbage

c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

To see how you measure up, add up your score.

1. a – 1, b – 2, c – 3 2. a – 2, b – 3, c – 1 3. a – 3, b – 1, c – 2 4. a – 3, b – 1 , c – 2 5. a – 1, b – 3, c – 2 6. a – 1, b – 2, c – 3 7. a – 1, b – 2, c – 3 8. a – 3, b – 1, c – 2

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!

ISTOCKPHOTO/THINKSTOCK

Scan this code or visit metronews.ca/greenerliving

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

– David Suzuki Foundation, www.davidsuzuki.org

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.

Metro Interview

GTTY IMAGES

▶ Noah and the Whale members, from top left clockwise, Tom Hobden, Matt Owens, Charlie Fink and Doug Fink, who has since left the band.

Noah and the Whale's new album Last Night on Earth sings of small town drama and a yearning to break out The band's frontman Charlie Fink speaks to Metro about these themes and his theory on band names

CHANGING TIDES

BAND'S LATEST AN ODE TO TRANSITION

PAT HEALY
SCENE@METRONEWS.CA

The songs on the most recent Noah and the Whale album, Last Night on Earth, have the irresistible feel of reaching for greatness and yearning to get out of a small town that is an ageless component of rock 'n' roll in the tradition of Bruce Springsteen. Singer Charlie Fink says the group was actually into the Springsteen DVD about the making of Darkness on the Edge of Town while they were making their own album.

Though the making of Last Night on Earth was not quite as tumultuous as Springsteen's three-year struggle with his fourth album, Fink and co. did have their share of drama, not the least of which was a drummer who quit.

There seems to be a theme of gossipy town folk in the world of Last Night on Earth.
I think what people find surprising is that I'm quite a private person, and for me, I'm far more candid in lyrics than anything else. I think the people I know are often surprised by my lyrics because like I said, I'm quite private.

I was interested in the song, Give It All Back, where you're singing about growing up and finding yourself through music and being in a band. And you even name the band. Was Devil's Playhouse the name of your original band?
I wasn't actually ever in a band called Devil's Playhouse. It would make a great up-and-coming band name. But, I always think the best band names are the band names that 13-year-olds come up with. They're always incredible. Like, whenever I chat to my friends, and musicians, the first band they were in, it's always an incredible name.

So what was yours?
Actually, that's the thing, I didn't like my first band's name. We were called The Ostrich Project.

The Ostrich Project?
Yeah…and I've literally no idea why. We weren't the best band.

Tell me about the theme of reinventing yourself. Is that something you felt like you guys were doing with this album?
Absolutely, yeah, in a big way. And definitely as performers I think as well. The way we perform live now is very different than how we did before. Like, I think it was a much more sort of head down kind of embarrassed delivery, whereas now it's a sort of more, I don't know, more urgent delivery.

Dave is back, but his family comes first

Dave Matthews has just started a telephone interview when the shrieks of a child interrupt his thoughts and he has to go to another room to escape the commotion.

"It's not easy to find a quiet place in my house," quips the leader of the Dave Matthews Band. "There's a lot of action."

But it's that kind of action with his three young children that Matthews was craving when he decided last year, after spending 20 years on the road, to take a hiatus from touring.

However, the 44-year-old rocker's love of music couldn't keep him away from the stage for long, and this summer, the band is performing in four cities — three nights in each city — in a "caravan" of concerts.

When you ended your tour, people assumed that was it for a while. What made you decide to do the "caravan"?

There's some different reasons. A lot of the guys wanted to play and I love playing with this band. I've just been wanting to take a break from being on the road. ... I'm not as up for the crazy tour schedule this year ... but I still love playing music. It does seem like a good way not to live on a bus and go to someplace and see some good musicians play, and then work a little bit.

What have you been doing during your time off?

I've just been with my family and nothing else. ... Last year I was away from my family a lot. It's hard for me to leave my kids, and it's harder on me than it is on them. It's funny, I get a little quieter with time.

I don't want to chase my tail and one day repeat myself and repeat myself and one day have kids going to college and not have memories that I should, because I was too busy doing my thing.

... I'm always playing music and trying to make new sounds, but mainly, it's been trying to hear theirs.

PETER KRAMER/THE ASSOCIATED PRESS

"I'm always playing music and trying to make new sounds, but mainly, it's been trying to hear theirs."
DAVE MATTHEWS ON SPENDING TIME OFF WITH HIS KIDS

Do you think your break might be a little bit more extended, or do you not want to put a timetable on it?
I'd like to get into writing again and I think a lot of it for me is just trying to figure out how I can do both, and a lot of people have done it. ... It's a hard switch, but I'm working on trying to figure out how to do it. I don't want to stop — I don't think I really can stop making music. ... I'm not planning going into the studio for a specific month or anything like that. But I imagine I am going to. I don't see an end to that.

THE ASSOCIATED PRESS

Caravan concerts

- The concerts in Atlantic City, N.J.; Chicago; New York; and George, Wash., will feature the Dave Matthews Band as headliners and include acts like the Flaming Lips, Ray LaMontagne, the Roots and Dispatch.
- The acts will vary in each city.

A genuine folk-rock Treasure

Young and 'greatest single collection of players (he's) ever joined' to release album

Neil Young entered the mid-'80s under fire from his record label for making music it said it couldn't sell and under attack from the IRS for having "too much artistic control."

He was making a rockin' kind of country music that didn't resemble his greatest records and his label said didn't appeal to radio programmers. Those things didn't matter to Young, though. He was having the time of his life, playing 85 shows across North America in 1984 and '85 with The International Harvesters, and you can hear it on his new live album, A Treasure.

"I don't like boundaries," Young said in an interview at the Country Music Hall of Fame and Museum this week. "They don't really work. They do for some people. It all started when they started formatting radio and separating things into different little areas that they could talk about and then restricting who would play what. That was very counterproductive, when they took the decision-making from the individuals and gave it to the corporate heads. That was destructive to music. But we're coming back."

A Treasure doesn't just hold up 26 years later; it fits right in and again shows Young for the pioneer he is. It arrives at a time when roots music is on the rise and artists like Taylor Swift, whose music and spirit Young says he enjoys, are erasing boundaries that were created decades ago.

TONY AVELAR/THE ASSOCIATED PRESS

▶ Neil Young's release of A Treasure will come in several formats, including standard CD, vinyl, digital download and as a deluxe CD/Blu-Ray package.

Young helped define the folk-rock movement as a solo artist with Crosby, Stills & Nash and with the newly reunited Buffalo Springfield. With bands like Crazy Horse, he helped push rock 'n' roll into the 21st century through his influence on artists like Kurt Cobain, Jeff Tweedy and Jim James. And his ideas about country- and folk-rock still resonate, in part inspiring a thriving indie scene that feeds such cultural touchstones as Bonnaroo.

Young gathered reporters and some of The Harvesters at the Country Music Hall of Fame and Museum on Monday to talk about the release of A Treasure. He said he was exposed to all kinds of music growing up. He got his country from popular Canadian acts like Hank Snow and Ian Tyson and lesser-known acts like Bluegrass Bob & The Bobcats.

"Nobody ever heard of them, but I grew up with them," Young said. "So that's always been around. And I love Jimmy Reed. He's not country. He's blues. But I don't see the difference. I just see real music. So I'll take a little wherever I can get it."

"Yeah, I like Taylor Swift. I like listening to her... I like the ways she's defining herself. So I keep my eyes on it." NEIL YOUNG

And that sometimes includes present-day country music.

"Yeah, I like Taylor Swift," Young said. "I like listening to her. I kind of like watching her respond to all the attacks. I like the ways she's defining herself. So I keep my eye on it."

Young focused on Nashville early in his career, coming to town in 1971 to record his iconic album Harvest. That's where he met bassist Tim Drummond, who would serve as his tour guide and "architect" for assembling The Harvesters.

Young called The Harvesters the greatest single collection of players he's ever joined on stage and said he thought he was the weak link in the group.

"They should be in the Country Music Hall of Fame and I really hope they are someday," Young said. "And I think this record really displays why."

THE ASSOCIATED PRESS

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A Rob Ford version of The Matrix

The Adjustment Bureau
Genre: Sci-fi Thriller
Director: George Nolfi
Stars: Matt Damon, Emily Blunt
◍◍◍

The Adjustment Bureau is lo-fi sci-fi, drained of the usual CGI gloss (a good thing) but somewhat lacking in drama (a bad thing). It's like Rob Ford's version of The Matrix.

How can we fear the mysterious fedora guys chasing Matt Damon and Emily Blunt when one of them falls asleep on the job (Anthony Mackie), another is in desperate need of a restorative cocktail (Mad Men's John Slattery) and still another thinks he's starring in a remake of The Third Man (Terence Stamp)?

It's not entirely the fault of the fedora fellows, whose mystical job is to secretly meddle in people's lives in order to safeguard history.

The late Philip K. Dick's Eisenhower-era triumphalism, brought to the screen by writer/director writer/director George Nolfi, is a poor fit with our current age of disillusionment. Ever the determined fatalist, Dick couldn't conceive of a time when nobody was in charge of anybody's destiny.

Fortunately, New York City plays itself to sinister perfection, with urban landmarks providing vertiginous swoons worthy of North by Northwest's Mt. Rushmore backdrop. And where the drama falters, the romance rises. Damon and Blunt make a smart and sassy pair.

You want them to be together even if it does mean that their political and artistic futures will be thwarted and history will be denied. What did history ever do for love, anyway?

Extras include deleted and extended scenes, a commentary by writer/director Nolfi and featurettes.

PETER HOWELL

Cedar Rapids
Genre: Comedy
Director: Miguel Arteta
Stars: Ed Elms, John C. Reilly, Anne Heche
◍◍◍

Maybe it's unfair to expect much from Cedar Rapids, which employs writer Phil Johnston's tired fish-out-of-water premise to satirize a small town hick adrift in the relatively big city.

But pesky expectations get in the way. This is the first headlining role for perennial sidekick Ed Helms, whose star has been ascending on the strength of The Hangover and its sequel.

Cedar Rapids also has fine support in John C. Reilly, Anne Heche and Isiah Whitlock Jr. (TV's The Wire). It boasts formidable producers, including Alexander Payne and Jim Taylor, the pair behind Election and Sideways, brilliant comedies both, and it's directed by Miguel Arteta, who made one of Michael Cera's better films (Youth In Revolt). From such firepower do we get Cedar Rapids' air-gun pop.

Helms' Lippe (rhymes with drippy) sells insurance in Brown River, Wisc., a place where nuthin' ever happens. He's 34, but he has yet to fly on a plane or rent a car, two things of many he'll experience when he's sent to represent his firm at an insurance conflab in you-know-where. Hilarity occasionally ensues, thanks mainly to Reilly.

Ultimately Cedar Rapids leaves us wishing for more — much like most insurance policies, come to think of it.

Extras include deleted scenes, a gag reel and featurettes.

PETER HOWELL

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Wake-up call for Amy Winehouse

Singer barely makes through first concert of her comeback tour ◆ Paid a visit to rehab in the U.K. recently ◆ Doctors now 'coming down hard on her'

THE ASSOCIATED PRESS

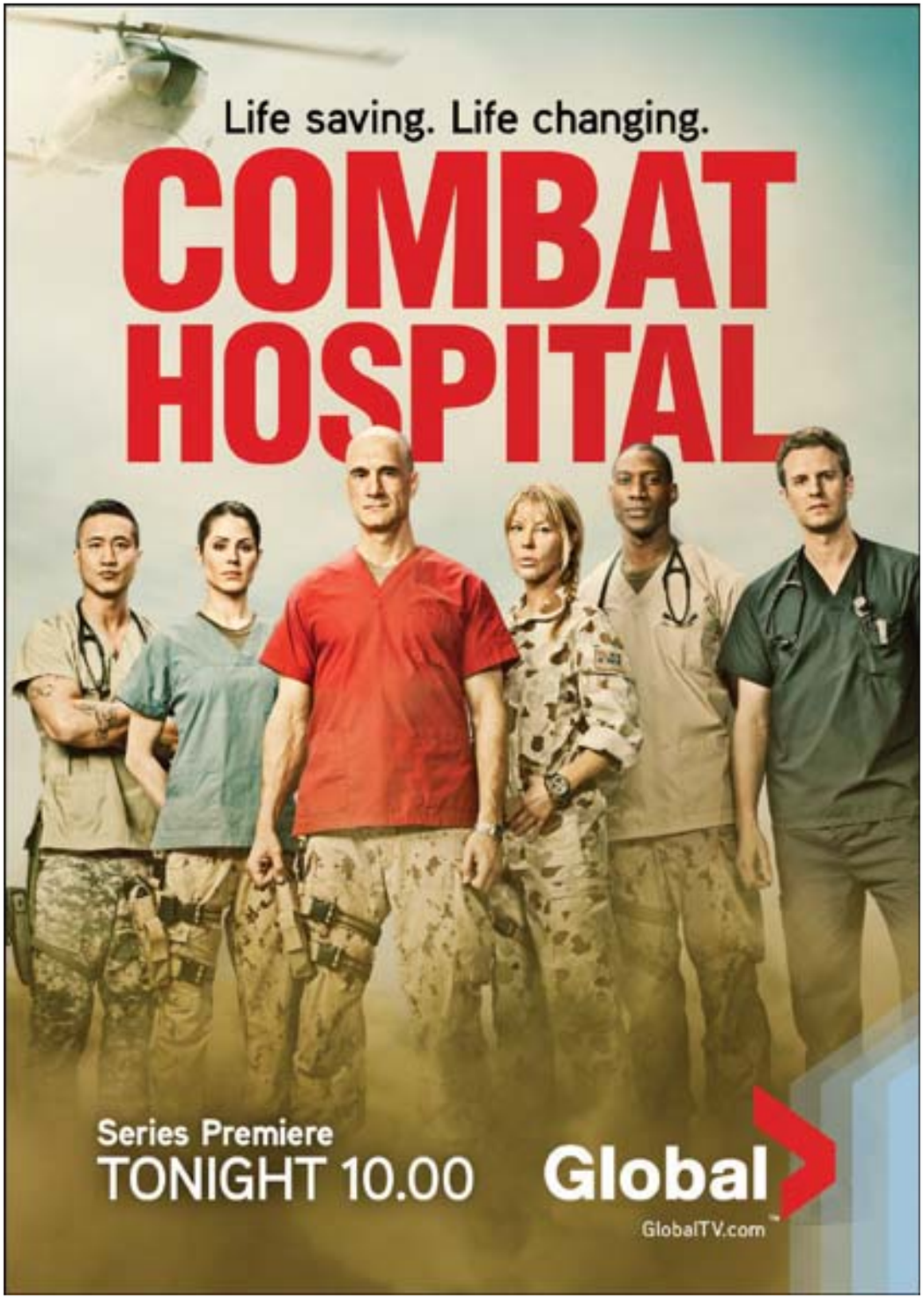
Winehouse has cancelled the next two stops on her tour.

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." METRO



'There's no sex tape': Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he wants to release, a move Lopez has been fighting to block. "My first husband has tapes of us from our life. It's horrible," Lopez tells Culture magazine. "It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape." METRO

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3 life

Cutting the belly fat

New research shows the science behind why carbs can cause belly fat ▶ Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes

CELIA MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein, and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.

ISTOCK PHOTOS

▶ No carbs? No kidding.

Carb intake

Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent).
To reverse visceral fat that's already there, boost the intensity or duration. CELIA MILNE

Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Half the man he used to be

BEN KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

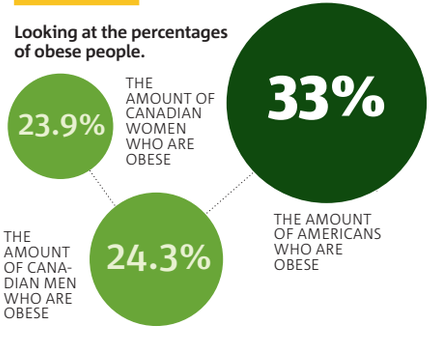
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22 years."

Statistics

Looking at the percentages of obese people.


23.9%
THE AMOUNT OF CANADIAN WOMEN WHO ARE OBESE
33%
THE AMOUNT OF AMERICANS WHO ARE OBESE
24.3%
THE AMOUNT OF CANADIAN MEN WHO ARE OBESE

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

Analysis

BODY FOCUS: PIPPA'S TONED BUM

MARK ANTHONY
PILATES EXPERT

Sure, Kate looked great, but its Pippa's toned derrière we'd love to flaunt on the beach this summer. We asked Pilates expert Mark Anthony how.

Start with: Pre exhaust movements to fire up weak butt muscles

Standing leg lifts: from a standing position keep the right side leg slightly bent with the left leg straight and slightly off the floor. Raise this leg high enough so that you feel contraction in your hip and glute. Pause briefly at the top and return to the start position. Once you have done 15 reps, pause, and with the same leg turn the foot slightly outwards and swing the leg behind you again high enough so that you feel a contraction in your glute. Perform this 15 times and then repeat the exercise with the other leg.

Go into: Wide stance squats and lunges

Squats tone, perk and lift the bum as they trigger the glutes, inner, front and back of the thigh.

Take a wide stance, with your toes turned out to 10 o'clock and 11 o'clock and tilt your pelvis backwards and drop down so that your legs are parallel to the floor and so that your back is straight. Immediately push up to the start position. Do two lots of 15 repetitions each.

Lunges are fundamental for developing strong glutes and lifting the bum. From a standing position step forward into a lunge so that your rear

GETTY IMAGES

▶ Pippa Middleton

knee is nearly touching the floor. Keep your abs in tight and back up straight. Move back to the start position and alternate the leg. Do two lots of 15 reps.

Make sure you rest in between sessions, as your muscle fibres need to heal and recuperate before they can get stronger.

Eat: the right fuels

You must feed your body right if you want your body to respond to the workout. Think of it as putting fuel in a Ferrari. Drink two litres of water a day and eat small regular meals, three main meals and two snacks. Eliminate salt, sugar, fat (saturated fats, processed foods, high fat creams), alcohol and simple carbohydrates such as white rice, white pasta and white bread. Load up on complex carbs such as brown rice and pasta. Start the day right with a breakfast of two poached eggs or rye bread with baked beans.

Peel off: the orange peel

Cellulite is the build up of fat deposits under the skin. Pick exercises that burn body fat fast such as weight training. Cellulite busting foods include barley, broccoli, spinach and spirulina.

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Date: Sunday, June 26, 2011
Location: Fairview Mall Upper Level
Time: 2 p.m. – 3 p.m.

Date: Monday, June 27, 2011
Location: Cooksville branch, 2 Dundas St. W.
Time: 2 p.m. – 4 p.m.

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The Hollywood silhouette

Fitness expert Tracy Anderson's tells Metro in her own words how getting the movie star body is possible

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

On making a change:
"You are how you move. Everyone is beautiful no matter their shape or size but when we are in proportion we are stunning. Change is possible once you identify the problem areas and focus on changing and redesigning your muscular structure.

On switching it up:
"How you build up muscle is key. You don't want to look massive and masculine. Switch exercises every 10 days as muscles, especially the smaller ones, have good memory and need to be continually challenged and stimulated."

On staying connected:
"For long term results, make exercise a priority. Not caring about your body will mess up the way you look later in life. One hour, minimum 30 minutes, six days a week is all you need to stay connected with your body and get results."

On avoiding injuries:
"Using the body in the same way over and over again can lead to injury or joint problems. With dance aerobics, you are still pounding but are constantly shifting your body and transferring the weight meaning the joints wear out less."

On feeling more powerful:
"Lifestyle is an exhausting word, but identify who you are and make exercise a part of that 'you'. One study showed women spend 80 per cent of their day thinking about negative body issues over lunch, getting dressed, and reading magazines… Reverse this critical train of thought and you'll feel more powerful."

On embracing moderation:
"Banning foods from someone's diet can be dangerous. Ban nothing eaten in moderation but put a stop to regular overindulgence. Processed foods with ingredients you cant pronounce and more than five ingredients should be avoided."

Tracy's top move

Alternate Arm Hit:
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BODYISMYOGA

Yoga pose. Cat Pose/Marjariasana

What you do:

1. Start on your hands and knees in a tabletop position. Make sure your knees are placed directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Become aware of the length and quality of the breath. Centre your head in the neutral position, eyes looking at the floor.
2. As you exhale, round your spine towards the ceiling, making sure to keep your shoulders and knees in position. Feel the tailbone and the crown of the head lifting equally towards the sky. Press into the palms to drop the shoulders away from the ears and to reach the middle and upper back towards the ceiling. Release your head towards the floor but don't force your chin to your chest.
3. Inhale, coming back to neutral tabletop position on your hands and knees.
4. If you have difficulty rounding the very top of the upper back ask a friend to lay a hand just above and between the shoulder lades to help you activate the area.
5. This pose is often paired with the cow pose on the inhale for a gentle, flowing vinyasa.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Health trend

Mushy meals

Liquidized meals: that's a slightly more mature way of saying baby food or "goo." But that's apparently how Lady Gaga and Jennifer Aniston beat hunger pangs. In the UK, this latest diet trend has seen wet baby food sales increase by 20 per cent as it is claimed that making purée out of your meals and eating baby-sized portions helps digestion and reduces overall intake. **METRO**

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Health

You know cigarettes give you cancer. But did you know how fast?

"Smoking causes damage at a genetic level within minutes, not years," says Sara Austin, Self magazine's health features director. "A recent study found that a DNA-harming, carcinogenic by-product spikes in smokers' blood just 15 to 30 minutes after inhaling."

▶ This could be you.

Even scarier, smoking accounts for 30 per cent of all cancer deaths, in addition to causing heart disease, stroke, brain aneurysms and lung problems.

On a daily basis, it's no fun either.

"Smoking is like having a permanent hangover," says John Dicey, an ex smoker who puffed for 20 years, at a rate of sometimes 80 cigarettes a day.

Sex

The health benefits of quitting — increased energy, stamina and quicker recovery time — apply to the bedroom as well.

"Smokers are more likely to snore regularly. You can't enjoy sex if you've been exiled to the spare bedroom," says Austin, who also advises that if you're trying to have a baby, both of you should try to quit. "Women who smoke have a higher risk for infertility, miscarriage, premature birth and babies born too small."

Career

"On average, smokers cost their employers $3,500 more a year due to absence through illness, loss of productivity via illicit smoking breaks and higher rates of incidents at work," says Dicey. Smokers are under the illusion that cigs help them concentrate. The truth is they often can't concentrate because of it.

Finance

"The average smoker blows $1,360 on cigarettes every year," says Austin. Plus, the resale value of your car drops nine per cent due to the stinky interior.

"Chalk up another $490 for a single teeth-whitening session to hide your nicotine stains," she says.

OK, OK we quit!

ROMINA MCGUINNESS/MWN

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You don't have to be a tourist to enjoy Hotel Ocho

This hotel restaurant offers up refreshing lunch items & lounge atmosphere

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Built in 1902, the building that is now Hotel Ocho underwent a five-year renovation and restoration. The result is an "industrial loft-style hotel, restaurant and lounge" that is spacious and open — long black couches sit parallel to sleek wood tables underneath exposed wide wood beams and ducting.

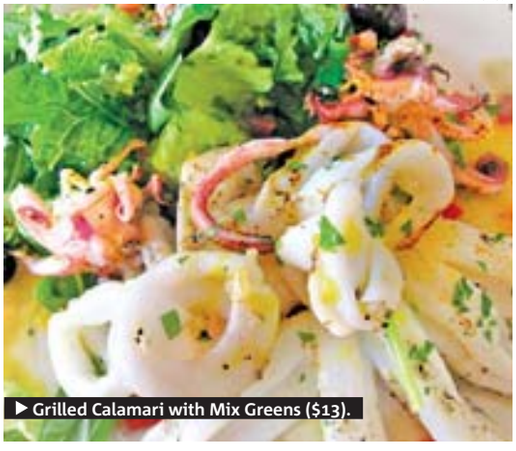
Hotel Ocho
195 Spadina Ave. (near Queen)
416-593-0885
hotelocho.com
Reservations: Yes
Social lunch: Yes
Licensed: Yes
Rating: 4 out of 5

Grilled Calamari with Mix Greens (\$13) and the Lunch Special, Open-Faced Steak Sandwich (\$10) with cheese and salad or fries suit the warm summer day.

Both the steak and calamari are slightly overcooked, but only slightly. The steak is herbed and still soft, and the squid is buoyant and toothsome.

Fresh salads are enlivened by sunny dressings. The plates offer small, but satisfying portions. We order a side of fries (\$4) just to ensure we're full. Great choice: thin, hot and nicely salted.

STEPHANIE DICKISON



▶ Grilled Calamari with Mix Greens (\$13).

Lunch at a hotel — it's suddenly possible and affordable. Free WiFi, too.

Just imagine what the rooms are like.

Shrimp Appetizer

Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

Preparation:

1. In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes. Add mustard and cook for another 2 minutes.
2. Add shrimp and cook for 5 minutes longer, mixing with a spatula. Season to taste. Serve with a salad of herbs such as chives, chervil, parsley and basil. **THE CANADIAN PRESS/ MAILLE**

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

Mushroom casserole that truly cooks itself

Preparation:

1. In a large skillet over medium, heat oil. Add onion, green pepper and mushrooms. Sauté for 5 to 6 minutes, stirring occasionally, until vegetables soften. Add garlic, tomatoes, oregano and paprika. Continue to sauté until heated through. Remove to a large mixing bowl to cool.
2. In same skillet, melt butter over medium heat; whisk in flour. Cook and stir until smooth and golden, 4 to 5 minutes. Whisk in milk and bring to a boil. Whisk shredded cheese into boiling milk to produce a rich, velvety sauce. Add salt and pepper.
3. Combine cooked rice with sautéed vegetables in a large mixing bowl. Fold in cheese sauce and mix gently.

THE CANADIAN PRESS H/O

▶ This wild rice and mushroom casserole serves four to six.

4. Grease inside of a slow cooker (14-cup/3.5-l to 4.5-l/18-cup size). Pour in wild rice mixture. Cover; cook on low for 4 to 6 hours or on high for 2 to 3 hours or until done.

THE CANADIAN PRESS/ CROCK-POT

Ingredients:

- 30 ml (2 tbsp) olive oil
- Half medium red onion, finely diced
- 1 large green pepper, finely diced
- 250 g (8 oz) button mushrooms, thinly sliced
- 2 cloves garlic, minced
- 1 can (398 ml/14 oz) diced tomatoes, drained
- 5 ml (1 tsp) dried oregano
- 5 ml (1 tsp) paprika
- 30 ml (2 tbsp) butter
- 30 ml (2 tbsp) flour
- 375 ml (1 1/2 cups) milk
- 250 g (8 oz) pepper jack, cheddar or Swiss cheese, shredded
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 500 ml (2 cups) wild rice, cooked according to package instructions

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SHE NEEDS HER OWN FRIENDS

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.

Claire: Dear BF/BFF,

Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world. Make sure you're clear on how uncomfortable her nesting is making you, and that you don't find it attractive. As you're the centre of her world, this will probably get her butt off the bed and out into the world.

Andrea: Dear Strangled,

I'd recommend that you change your habits for a while: be more independent, and spend more time alone with the guys. Remind her how much fun it is to miss each other. But be careful what you wish for — she may just have more fun going out with the girls than she does with you!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

SOCIAL FAUX-PAS NO MORE

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little abut myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

ISTOCK IMAGES

▶ Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad, Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

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BE A FOOD SCROOGE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Two weeks ago I met the brains behind a novel and frugal online grocery business, Tim Ray of Foodscrooge.com.

Inspired by websites such as Groupon.com, this dynamic 30-year-old entrepreneur developed the foodscrooge.com concept while completing his Queen's MBA entrepreneurship course.

The business was formally launched in March 2011 and thus far, it's a hit!

The big idea behind foodscrooge.com is to sell large quantities of discounted premium quality foods, such as T-bone steaks or tortellini, directly to the consumer from the manufacturer.

Many products are organic and produced locally. The discounts are offered because of the manufacturer has either overstocked inventory or wants to promote a particular product.

Foodscrooge.com subscribers get a notification of a weekly sale item by email. They buy the product online at a 40 to 80 per cent discount to retail price and then pick it up from a local grocery retail location that foodscrooge.com has partnered with. The consumer saves big bucks simply by storing their bulk purchases in a freezer.

If you're into bulk buying or are hosting a barbecue this summer, check out foodscrooge.com.

Empowering a special group

ON MONEY

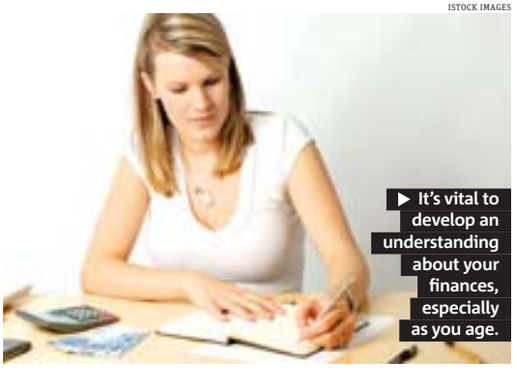
ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant. If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

ISTOCK IMAGES



▶ It's vital to develop an understanding about your finances, especially as you age.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cover eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

If you don't live in one of the areas serviced by the workshops you can still access the information and useful tools at nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE workshops

- The Ontario workshop runs July 26 and 27th in Toronto with another series in the fall at various locations.
- Contact Charlyn Alexander at 416-978-5616 or at charlyn.alexander@nicenet.ca to sign up.

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POP QUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

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MISTAKE RESIGNATION AND PAY THE PRICE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

Pietro Saladini was a "star" employee. He rarely missed work and did whatever he could to please his employer, auto parts manufacturer Affinia Canada Corp. However, Saladini's remarkable dedication to his job also made him a target.

As a midnight shift supervisor, Saladini seldom saw his family. But, his hard work paid off when Affinia finally promoted him to a supervisor on the company's daytime shift.

Saladini figured he was set with what he referred to as the "golden shift" at work. But soon after, Affinia needed to fill a void when business picked up and, instead of hiring an extra employee to take on some of the overflow in work, the company figured that Saladini would do the job, without protest.

Saladini was summoned to a meeting with his boss and told that his shift schedule would change and, along with it, he would now be given more work without a corresponding increase in pay.

Although Saladini initially agreed, his loyalty soon morphed into anger, believing that he was being exploited by the company for having worked so hard before.

Saladini spoke with his boss stating that he did not want his shift to change but he was quickly told that he did not have a choice. He could either report to the new shift, or the company would view him as having resigned. When Saladini refused to agree, he was told to hand in his keys and escorted out of work. However, Saladini was not going to go quietly this time.

ISTOCK

▶ If you are threatened or forced to choose between taking on more work or resigning, you will not technically have 'resigned' if you opt for the latter because resignation is voluntary.

Believing that the ultimatum to take the new shift or resign was tantamount to a dismissal, he sued Affinia for wrongful dismissal, and recently he won!

Canadian courts are loath to uphold resignations proffered under circumstances of pressure or an ultimatum and instead will usually find that the employee had been fired. Here, when Saladini's boss told him that he must either take the job or resign, he was effectively terminated, according to the judge, who noted that Saladini was told to hand in his keys and leave, which is far more consistent with a dismissal than a resignation. A true resignation in a voluntary action

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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Barley's Angels

Organization challenges notion that beer-drinking and beer-making are tasks reserved solely for the boys

Tracing a career path from a chemistry lab to the floor of a brewery may seem like a daunting task, but Jenn Robitaille plotted the course in the space of a college lunch break. In doing so, she joined a pioneering group of women determined to break down gender stereotypes in the brewing industry.

Robitaille, 29, was nearing the end of a chemical engineering diploma in Toronto and struggling to find a practical way to apply it upon graduation.

An impromptu chat with a fellow student cleared the matter up in a surprisingly short time. The student, a brewer at Magnotta Breweries in Woodbridge, Ont., spoke at length about the ways in which his microbiology background had enhanced his professional life.

Robitaille was already a Magnotta employee, working the cash at a retail location during her spare hours.

HANDOUT/THE CANADIAN PRESS

▶ Jenn Robitaille

In short order she transferred to the company's brewery operation, becoming the only woman in the plant and one of just a handful in the country to take a job in the field.

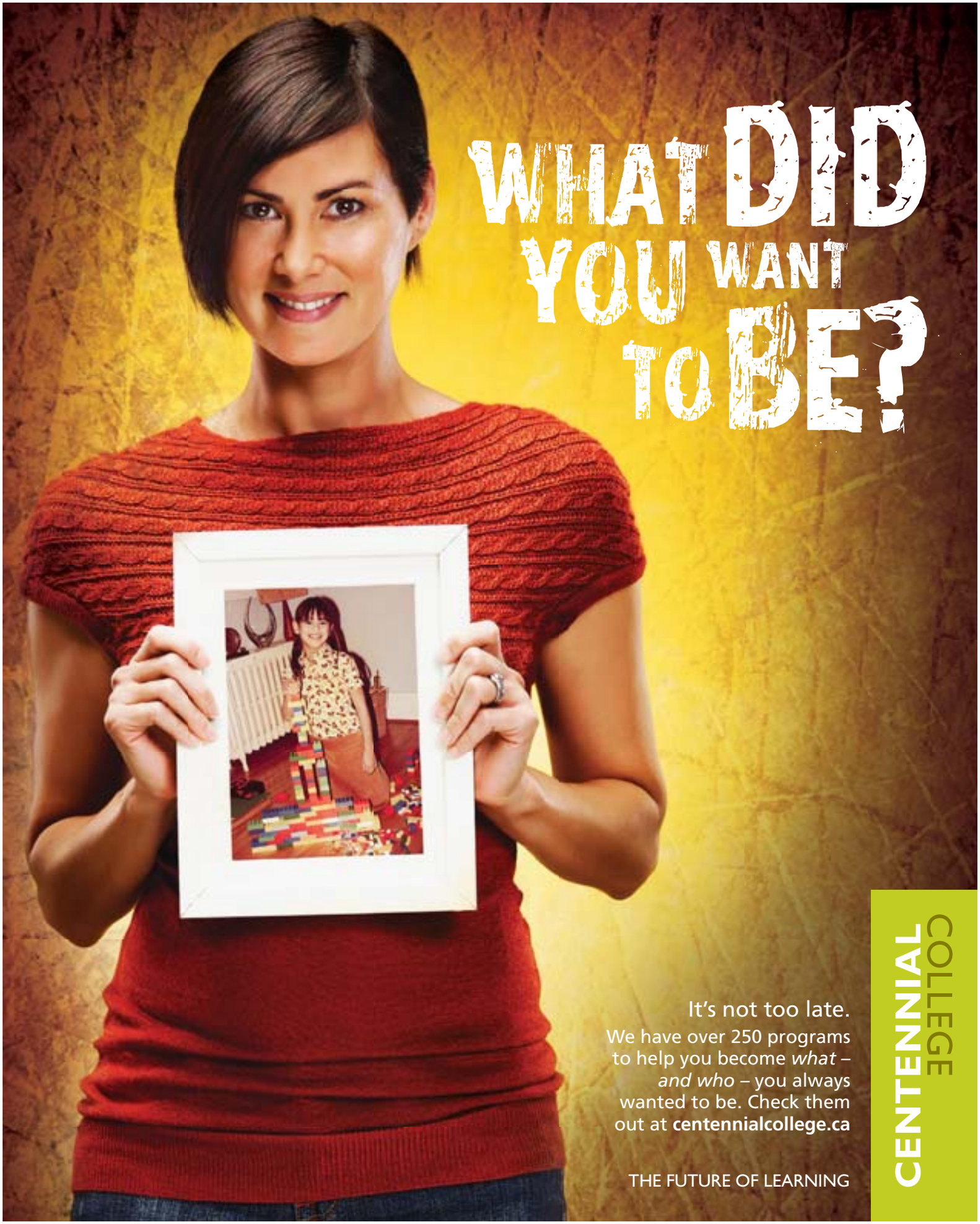
Three and a half years and several promotions later, Robitaille revels in her chosen career, but is decidedly less positive about the stereotypes that still dog her and her fellow female beer enthusiasts.

"I'd like to see more women interested in beer, but I think the way it's been presented, through marketing and long-running attitudes, that people assume it's not a woman-friendly industry or lifestyle," Robitaille said in a telephone interview.

Robitaille got her chance to take action early this year with the launch of an all-female organization whose mission is to encourage beer appreciation among their fellow women.

Barley's Angels, which launched in five countries last February, is committed to introducing women to the complexities of craft beer and challenging the notion that brews are for the boys alone. Barley's Angels is the consumer arm of the Pink Boots society, an organization founded in 2008 in order to support and encourage the comparatively few women working in the brewing industry.

THE CANADIAN PRESS


WHAT DID YOU WANT TO BE?
It's not too late.
We have over 250 programs to help you become *what* – *and who* – you always wanted to be. Check them out at **centennialcollege.ca**
THE FUTURE OF LEARNING
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Now it's their turn to cheer for you.

Paul Tracy and Make-A-Wish® Canada would like to thank racing fans for their continued support. Make-A-Wish Canada gives children the opportunity to realize their lifetime dreams.

July 8 is Free Friday at the Honda Indy Toronto, thanks to the Ontario Honda Dealers Association. Make a donation at the gate to Make-A-Wish Canada, and enjoy all the action!

On race weekend, Paul Tracy will proudly wear a racing suit signed by donors, and Honda will match all donations made on site for this worthy cause.

By texting the word "dream" to 41010 at any time, you will donate $5 to Make-a-Wish.* For more information, visit Honda.ca/indy.

MAKE-A-WISH Canada

Honda Indy TORONTO 25

HONDA

THE Taylor GROUP

phd

*Standard text messaging fees apply (check your carrier plan for your standard text messaging fees).

Jays. Loss in Atlanta

▶ Atlanta's Dan Uggla beats the throw to first base last night for a hit against the Blue Jays.

SCOTT CUNNINGHAM/GETTY IMAGES

Hudson shuts down Blue Jays' bats, hits a home run of his own as Braves get win

Tim Hudson pitched eight scoreless innings and hit his second career home run in the Atlanta Braves' 2-0 victory over the Toronto Blue Jays last night.
Hudson (6-6) allowed two hits, one walk and struck out a season-high eight, including the 1,600th of his career. He took Ricky Romero (6-7) deep to make it 2-0 with two outs in the sixth.
Toronto has lost two straight and five of seven.
Hudson retired 20 straight batters before Mike McCoy walked to lead off the ninth and advanced to second on Yunel Escobar's infield single. Romero, who allowed six hits, two runs, two walks and struck out four in seven innings, has lost three of four starts despite a 3.23 earned-run average. THE ASSOCIATED PRESS

Raps close to naming coach

Team on verge of giving job to Mavericks assistant Dwane Casey Could be announced today

Outside of a glitch of unimaginable proportions, Dwane Casey will be the next head coach of the Raptors.

The longtime NBA assistant went through a 90-minute telephone interview with members of the board of directors of Maple Leaf Sports and Entertainment Sunday afternoon, according to sources, and was to have dinner in New York City yesterday with minority owner Larry Tanenbaum.

If nothing untoward came out of those meetings, the 54-year-old Casey could be introduced as early as today as the successor to Jay Triano and the eighth head coach in the 16-year history of the Toronto franchise.

Terms of Casey's pending deal were not immediately available.

Casey should arrive just days before Raptors president and general manager Bryan Colangelo reaches another watershed mark in the rebuilding process of a team coming off a 22-60 2010-11 and a third playoff-free spring in a row.

Colangelo and members of his staff conducted their final pre-draft workouts in the New York City area, getting a look at six-foot-11 Czech forward Jan Vesely in a workout for a group of teams Sunday and putting six-foot-nine forward-centre Bismack Biyombo, a Congolese 18-year-old who played last season in Spain, through a session on their own yesterday.

The Raptors have, according to league sources, made efforts to move up to No. 2 from No. 5 but don't have a good match with Minnesota and have narrowed their list of draft hopefuls to about four.

TORSTAR NEWS SERVICE

About Casey

Dwane Casey is a former head coach of the Minnesota Timberwolves (53-69 overall, 20-20 in 2007 when he was fired).

- Casey has worked as an assistant for a handful of accomplished NBA head coaches — George Karl, Nate McMillan and, most recently, Rick Carlisle in Dallas.
- He is known for his ability to institute a consistently good defensive system, an attribute sorely lacking with the Raptors, a team that was statistically the worst defensive team in the NBA last year and one that's never established a reputation for being hard-nosed or successful at that end of the floor.

4 sports

Quoted

"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS INTERIM MANAGER JACK MCKEON, 80. HE BECOMES THE SECOND-OLDEST MANAGER IN MAJOR LEAGUE HISTORY. CONNIE MACK MANAGED THE PHILADELPHIA ATHLETICS IN A SUIT, TIE AND STRAW HAT UNTIL 1950, WHEN HE WAS 87.

Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	43	28	.606	—
New York	42	29	.592	1
Tampa Bay	39	33	.542	4½
Toronto	36	37	.493	8
Baltimore	33	37	.471	9½

CENTRAL DIVISION	W	L	Pct	GB
Cleveland	39	32	.549	—
Detroit	39	33	.542	½
Chicago	35	38	.479	5
Minnesota	31	39	.443	7½
Kansas City	31	41	.431	8½

WEST DIVISION	W	L	Pct	GB
Texas	38	35	.521	—
Seattle	37	35	.514	½
Los Angeles	35	38	.479	3
Oakland	33	40	.452	5

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	45	28	.616	—
Atlanta	41	33	.554	4½
New York	35	37	.486	9½
Washington	35	37	.486	9½
Florida	32	40	.444	12½

CENTRAL DIVISION	W	L	Pct	GB
Milwaukee	40	33	.548	—
St. Louis	40	33	.548	—
Cincinnati	38	36	.514	2½
Pittsburgh	35	37	.486	4½
Chicago	29	42	.408	10
Houston	27	46	.370	13

WEST DIVISION	W	L	Pct	GB
San Francisco	39	33	.542	—
Arizona	39	34	.534	½
Colorado	36	36	.500	3
Los Angeles	32	41	.438	7½
San Diego	30	43	.411	9½

INTERLEAGUE

Last night's results
Atlanta 2 Toronto 0
Baltimore 8 Pittsburgh 3
Colorado 8 Cleveland 7
N.Y. Yankees 5 Cincinnati 3
L.A. Angels at Florida
San Diego at Boston
Houston at Texas
Chicago Cubs at Chicago White Sox
Tampa Bay at Milwaukee
Detroit at L.A. Dodgers
Sunday's results
Cleveland 5 Pittsburgh 2 (11 ings)
L.A. Angels 7 N.Y. Mets 3
Cincinnati 2 Toronto 1
Baltimore 7 Washington 4
Boston 12 Milwaukee 3
Atlanta 4 Texas 2
Tampa Bay 2 Florida 1
Minnesota 5 San Diego 4
St. Louis 5 Kansas City 4
Detroit 9 Colorado 1
Oakland 2 San Francisco 1
Chicago White Sox 8 Arizona 2
Seattle 2 Philadelphia 0
N.Y. Yankees 10 Chicago Cubs 4
Tonight's games
Baltimore (Guthrie 2-8) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.
Seattle (Fister 3-8) at Washington (L.Hernandez 4-8), 7:05 p.m.
L.A. Angels (E.Santana 3-7) at Florida (Vazquez 3-7), 7:10 p.m.
N.Y. Yankees (B.Gordon 0-0) at Cincinnati (Cueto 4-2), 7:10 p.m.
Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0), 7:10 p.m.
San Diego (Latos 4-8) at Boston (Beckett 6-2), 7:10 p.m.
Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2), 7:10 p.m.
Houston (Lyles 0-2) at Texas (C.Wilson 7-3), 8:05 p.m.
Arizona (J.Saunders 3-7) at Kansas City (Hochevar 4-7), 8:10 p.m.
Chicago Cubs (Garza 3-6) at Chicago White Sox (Buehrle 6-5), 8:10 p.m.
Tampa Bay (Hellickson 7-5) at Milwaukee (Greinke 6-2), 8:10 p.m.
Detroit (Scherzer 9-2) at L.A. Dodgers (Billingsley 5-6), 10:10 p.m.
Minnesota (Pavano 4-5) at San Francisco (Bumgarner 3-8), 10:15 p.m.

Sunday's result
L.A. Dodgers 1 Houston 0
Tonight's game
Philadelphia (Halladay 9-3) at St. Louis (McClellan 6-3), 8:15 p.m.
Tomorrow's game
Philadelphia at St. Louis, 8:15 p.m.

BRAVES 2, BLUE JAYS 0

Toronto	ab	r	h	bi	Atlanta	ab	r	h	bi
YEscor ss	4	0	1	0	Schafer cf	4	0	1	0
CPttrsn lf	4	0	0	0	AlGnzlz ss	3	0	1	0
Bautist rf	4	0	0	0	Heywrd rf	4	0	1	0
Lind 1b	4	0	0	0	Fremn 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Uggla 2b	4	0	1	0
Arencii c	3	0	1	0	D.Ross c	2	0	1	0
RDavis cf	3	0	0	0	McLoth lf	2	0	0	0
J.Nix 3b	2	0	0	0	DHrndz 3b	3	1	0	0
Encrnc ph	1	0	0	0	THudsn p	3	1	1	2
L.Perez p	0	0	0	0	Kimrel p	0	0	0	0
Camp p	0	0	0	0					
RRomr p	2	0	0	0					
McCoy 3b	0	0	0	0					
Totals	**30**	**0**	**2**	**0**	**Totals**		**28**	**2**	**6** **2**
Toronto					**000 000 000**				**0**
Atlanta					**000 000 20x**				**2**

E—Y.Escobar (7), Freeman (5). DP—Toronto 1. LOB—Toronto 4, Atlanta 6. 2B—Ale.Gonzalez (13), Heyward (6). HR—T.Hudson (1). SB—Heyward (4), McLouth (2). CS—Schafer (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero L,6-7	7	6	2	2	2	4
L.Perez	2-3	0	0	0	1	1
Camp	1-3	0	0	0	0	0
Atlanta						
T.Hudson W,6-6	8	2	0	0	1	8
Kimbrel S,20-25	1	0	0	0	0	3

T.Hudson pitched to 2 batters in the 9th.
HBP—by R.Romero (Freeman).
Umpires—Home, Angel Hernandez; First, Angel Campos; Second, Chad Fairchild; Third, Joe West.
T—2:20. A—22,937 (49,586).

CALENDAR

July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins.
November — Free agent period to sign exclusively with former teams, first 15 days after World Series ends.

TENNIS

WIMBLEDON

At London
Yesteday's results
Men
Singles — First Round
Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.
Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.
Tomas Berdych (6), Czech Republic, def. Filippo Volandri, Italy, 6-2, 6-2, 6-1.
Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-5, susp., rain.
Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.
Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.
Stanislas Wawrinka (14), Switzerland, def. Potito Starace, Italy, 6-3, 6-4, 6-4.
Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40-30), susp., rain.
Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 7-6 (3).
Ivo Karlovic, Croatia, leads Janko Tipsarevic (23), Serbia, 1-0 (0-15), (susp., rain).
Juan Martin del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (susp., rain).
Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (6), 3-1 (susp., rain).
Ivan Ljubicic, Croatia, leads Marin Cilic (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.
Rainer Schuettler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.
Milos Raonic (31), Thornhill, Ont., def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.
Feliciano Lopez, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.
Grega Zemlja, Slovenia, def. Lukas Lacko, Slovakia, 6-4, 3-6, 7-6 (8), 6-4.
Denis Istomin, Uzbekistan, def. Philipp Kohlschreiber, Germany, 4-6, 6-3, 6-3, 6-3.
Alex Bogomolov Jr., U.S., def. Donald Young, U.S., 7-5, 4-6, 6-3, 6-1.
Gilles Muller, Luxembourg, def. Tommy Haas, Germany, 7-6 (5), 7-6 (3), 3-6, 6-3.
Ryan Sweeting, U.S., def. Pablo Andujar, Spain, 3-6, 4-6, 6-1, 7-6 (1), 6-1.
Igor Kunitsyn, Russia, def. Igor Sijsling, Netherlands, 6-3, 6-4, 6-2.
Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.
Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 6-4, 6-2, 3-6, 4-6, 6-1.
Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.
Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (susp., rain).
Sergiy Stakhovsky, Ukraine, leads Daniel Cox, Britain, 6-2, 0-1 (susp., rain).
Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15-15) (susp., rain).
Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30-15) (susp., rain).
WOMEN
Singles — First Round
Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-0, 3-6, 6-3.
Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (susp., rain).
Francesca Schiavone (6), Italy, def. Jelena Dokic, Australia, 6-4, 1-6, 6-3.
Svetlana Kuznetsova (12), Russia, def. Zhang Shuai, China, 3-6, 6-3, 6-4.
Sara Errani, Italy, def. Kaia Kanepi (17), Estonia, 6-1, 6-4.
Yanina Wickmayer (19), Belgium, def. Varvara Lepchenko, U.S., 7-5, 6-3.
Ksenia Pervak, Russia, def. Shahar Peer (22), Israel, 5-7, 6-4, 6-4.
Venus Williams (23), U.S., def. Akgul Amanmuradova, Uzbekistan, 6-3, 6-1.
Christina McHale, U.S., def. Ekaterina Makarova (28), Russia, 2-6, 6-1, 8-6.
Kimiko Date-Krumm, Japan, def. Katie O'Brien, Britain, 6-0, 7-5.
Elena Vesnina, Russia, def. Laura Pous-Tio, Spain, 6-4, 6-3.
Anna Tatishvili, Georgia, def. Anastasia Pivovarova, Russia, 3-6, 6-2, 6-3.
Pauline Parmentier, France, def. Sorana Cirstea, Romania, 6-1, 6-3.
Alexandra Dulgheru, Romania, def. Jill Craybas, U.S., 6-2, 6-4.
Monica Niculescu, Romania, def. Sybille Bammer, Austria, 6-1, 6-1.
Kateryna Bondarenko, Ukraine, leads Alize Cornet, France, 7-5 (susp., rain).
Tamira Paszek, Austria, leads Ayumi Morita, Japan, 5-7, 6-3, 2-0 (susp., rain).
Sandra Zahlavova, Czech Republic, leads Iveta Benesova, Czech Republic, 2-1 (40-30)(susp., rain).

SHOW COURT SCHEDULES

TODAY
Play begins on Centre Court and No. 1 Court at 8 a.m. ET; all other courts at 7 a.m. ET
CENTRE COURT
Aravane Rezai, France, vs. Serena Williams (7), U.S.
Mikhail Kukushkin, Kazakhstan, vs. Roger Federer (3), Switzerland
Jeremy Chardy, France, vs. Novak Djokovic (2), Serbia
NO. 1 COURT
Andreas Beck, Germany, vs. Andy Roddick (8), U.S.
Caroline Wozniacki (1), Denmark, vs. Arantxa Parra Santonja, Spain
Robin Soderling (5), Sweden, vs. Philipp Petzschner, Germany
NO. 2 COURT
Radek Stepanek, Czech Republic, vs. Fernando Verdasco (21), Spain
Victoria Azarenka (4), Belarus, vs. Magdalena Rybarikova, Slovakia, comp. of susp. match
James Ward, Britain, vs. Michael Llodra (19), France
Li Na (3), China, vs. Alla Kudryavtseva, Russia
NO. 3 COURT
Jelena Jankovic (15), Serbia, vs. Maria Jose Martinez Sanchez, Spain
Ivan Ljubicic, Croatia, vs. Marin Cilic (27), Croatia, comp. of susp. match
David Ferrer (7), Spain, vs. Benoit Paire, France
John Isner, U.S., vs. Nicolas Mahut, France
Mathilde Johansson, France, vs. Heather Watson, Britain
COURT TBA
Not before Noon EDT: Anna Chakvetadze, Russia, vs. Maria Sharapova (5), Russia

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 19

	Points	Money
1. Luke Donald	1,455	$3,550,248
2. Bubba Watson	1,417	$2,990,350
3. Mark Wilson	1,321	$2,690,688
4. Matt Kuchar	1,306	$2,878,861
5. Phil Mickelson	1,261	$2,496,784
6. Nick Watney	1,241	$2,960,733
7. K.J. Choi	1,236	$2,996,104
8. David Toms	1,229	$2,842,215
9. Gary Woodland	1,215	$2,363,652
10. Steve Stricker	1,173	$2,561,139
11. Jonathan Byrd	1,154	$2,358,204
12. Brandt Snedeker	1,148	$2,345,970
13. Jason Day	1,141	$2,720,362
14. Rory Sabbatini	1,137	$2,200,867
15. Martin Laird	1,129	$2,314,996
16. Webb Simpson	1,093	$2,174,392
17. Aaron Baddeley	1,069	$2,283,423
18. Hunter Mahan	1,008	$2,121,242
19. Charl Schwartzel	980	$2,080,921
20. Bill Haas	911	$1,695,915
21. Dustin Johnson	900	$1,947,228
22. Keegan Bradley	885	$1,809,388
23. Steve Marino	881	$1,739,966
24. Jhonattan Vegas	853	$1,530,336
25. D.A. Points	853	$1,683,006
26. Ryan Palmer	815	$1,614,010
27. Jason Dufner	813	$1,678,060
28. Spencer Levin	794	$1,586,068
29. Vijay Singh	775	$1,513,290
30. Y.E. Yang	728	$1,587,837
31. Brendan Steele	699	$1,347,604
32. Lucas Glover	699	$1,377,188
33. Brandt Jobe	693	$1,238,790
34. Justin Rose	680	$1,342,182
35. Charles Howell III	663	$1,213,495
36. Tommy Gainey	650	$1,263,237
37. Kevin Na	649	$1,233,265
38. Charley Hoffman	648	$1,053,358
39. Robert Garrigus	629	$1,315,557
40. Harrison Frazar	624	$1,192,489
41. Fredrik Jacobson	612	$946,682
42. Robert Karlsson	609	$1,184,755
43. Bo Van Pelt	608	$1,225,245
44. J.B. Holmes	607	$1,367,746
45. John Senden	607	$966,820
46. Brian Gay	600	$999,066
47. Zach Johnson	595	$1,085,196
48. Rickie Fowler	548	$875,545
49. Charlie Wi	528	$968,001
50. Chris Kirk	527	$863,109
51. Jimmy Walker	506	$883,895
52. Robert Allenby	501	$894,412
53. J.J. Henry	498	$729,042
54. Stewart Cink	493	$809,028
55. Ryan Moore	492	$922,440
56. Adam Scott	492	$1,156,153
57. Brendon de Jonge	492	$644,788
58. Marc Leishman	485	$772,767
59. Ryuji Imada	481	$878,907
60. Graeme McDowell	479	$987,558
61. Kevin Chappell	476	$1,008,960
62. Sergio Garcia	471	$903,091
63. Pat Perez	468	$850,388
64. Ricky Barnes	466	$816,970
65. Carl Pettersson	460	$811,728
66. Paul Goydos	460	$1,087,356
67. Jim Furyk	456	$769,757
68. Brian Davis	451	$613,716
69. Chris Couch	445	$725,176
70. Ben Crane	441	$757,891
71. Jerry Kelly	440	$740,876
72. Troy Matteson	439	$761,516
73. Michael Bradley	437	$806,115
74. Johnson Wagner	424	$873,786
75. Jeff Overton	415	$717,170
Also		
117. Stephen Ames	**256**	**$452,972**
128. David Hearn	**231**	**$360,108**

GOLF

PGA FEDEXCUP LEADERS

Through June 19

	Points	Money
1. Luke Donald	1,455	$3,550,248
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37. Kevin Na	649	$1,233,265
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47. Zach Johnson	595	$1,085,196
48. Rickie Fowler	548	$875,545
49. Charlie Wi	528	$968,001
50. Chris Kirk	527	$863,109
51. Jimmy Walker	506	$883,895
52. Robert Allenby	501	$894,412
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60. Graeme McDowell	479	$987,558
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63. Pat Perez	468	$850,388
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Also		
117. Stephen Ames	**256**	**$452,972**
128. David Hearn	**231**	**$360,108**

CFL

PRE-SEASON

WEEK TWO
Tomorrow's games
All Times Eastern
Montreal at Hamilton, 7 p.m.
Saskatchewan at B.C., 10 p.m.
Thursday's game
Toronto at Winnipeg, 8 p.m.
Friday's game
Calgary at Edmonton, 9 p.m.
END OF PRE-SEASON

REGULAR SEASON

WEEK ONE
Thursday, June 30
B.C. at Montreal, 7:30 p.m.
Friday, July 1
Winnipeg at Hamilton, 6 p.m.
Toronto at Calgary, 9 p.m.
Sunday, July 3
Edmonton at Saskatchewan, 7 p.m.

SOCCER

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EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	15	5	2	8	24	16	23
Philadelphia	14	6	4	4	16	12	22
Columbus	15	5	4	6	16	16	21
Houston	16	4	6	6	19	20	18
D.C. United	14	4	5	5	19	25	17
Chicago	15	2	4	9	17	20	15
New England	16	3	7	6	12	19	15
Toronto	17	2	6	9	15	26	15
Kansas City	13	3	6	4	17	20	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	18	9	2	7	25	15	34
Dallas	16	8	4	4	20	17	28
Seattle	16	6	4	6	17	13	24
Real Salt Lake	13	6	3	4	15	8	22
Colorado	16	5	4	7	18	17	22
San Jose	14	5	5	4	20	17	19
Portland	14	5	6	3	18	22	18
Chivas USA	15	4	6	5	18	18	17
Vancouver	15	2	6	7	15	20	13

Note: Three points for a win, one for a tie.
Sunday's result
New York 3 Portland 3
Tomorrow's games
All Times Eastern
Kansas City at Philadelphia, 7:30 p.m.
Real Salt Lake at Chicago, 8:30 p.m.

2011 CONCACAF GOLD CUP

QUARTER-FINALS

Sunday's results
At Washington
U.S. 2 Jamaica 0
Panama 1. El Salvador 1
(Panama advances 5-3 on penalty kicks)

SEMIFINALS

Tomorrow's games
At Houston
All Times Eastern
U.S. vs. Panama, 7 p.m.
Honduras vs. Mexico, 10 p.m.

CHAMPIONSHIP

Saturday, June 25
At Pasadena, Calif.
Semifinal Winners, 9 p.m.

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Nadal, Williams make easy work of first round

- Former champions both win in straight sets at Wimbledon
- Murray drops 1st set, but rebounds

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

The defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray won in four sets against Daniel Gimeno-Traver under the retractable roof over Centre Court.

Nadal double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, ran off six straight games to take the set and go up a break in the second. He was in command the rest of the way.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Thornhill's Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

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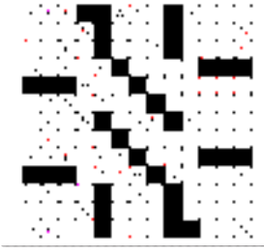
Crossword

Across
1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"

Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite
5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly
25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply
43 Exposed
44 Cauldron contents
46 White lie
47 Witnessed

▶ Yesterday's answer



Sudoku

		1		6			8	
	3	4		1				
8		2			4			
	2	8						1
	7		6		2		9	
9						5	7	
			3			7		5
				8		3	2	
	6			5		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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Andy
I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss
YOUR PRINCESSLITTLEBOOTS XOXO

JDNR
"YOUR LIPS ARE SOOOO MMMMMMMMM"!! XO :) **ALG**

Mark T
My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.
DOROTA

Today
26°/18°
Partly cloudy
Wednesday
22°/18°
Showers
80%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

♉ Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

♊ Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

♋ Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

♌ Leo July 23-Aug.23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

♍ Virgo Aug. 24- Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

♎ Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

♏ Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

♐ Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

♑ Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

♒ Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

♓ Pisces Feb. 19-March 20. You need to deal with a family issue that is causing grief. It's time to get tough. SALLY BROMPTON

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MARKO DROBNJAKOVIC/ THE ASSOCIATED PRESS

JULIEN BEHAL-PA/ THE ASSOCIATED PRESS

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